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A BURNING NEED TO MAKE MUSIC

SINGER-SONGWRITER DIDO TALKS TO METRO ABOUT WRITING AND THE MELTING POT OF INFLUENCES ON HER NEW ALBUM

PAGE 30

Happy Easter!

Metro will not be publishing on Good Friday. We'll be back on Monday!



REACHING FOR GOLD

Cynthia Zhang, 7, starts off a free routine on the floor during the Kanata Cup gymnastics competition on March 9. Zhang will be one of the youngest and smallest girls competing April 19 for a competition spot at the Ontario rhythmic gymnastics championships in Etobicoke later this spring. Story, page 4. MARK NOWELL/CONTRIBUTED

City raises stink over landfill expansion

Legislation.
Councillors call for tools to deal with waste diversion



ALEX BOUTILIER
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The provincial government has "abandoned" its responsibility in managing industrial, commercial and

institutional waste diversion, Mayor Jim Watson said Wednesday.

Watson and city councillors are once again airing grievances with the province and trash company Waste Management over a planned expansion of the company's Carp Road landfill.

Coun. Eli El-Chantiry moved Wednesday morning that Watson write to the province to restate concerns the city has over the expansion plans. According

to that letter, the city's concerns boil down to six areas: the service area of the landfill, odour, property-value protection, traffic to and from the site, groundwater and a commitment to make waste diversion a priority.

"The city is seeking a commitment from both Waste Management and the ministry that this be the last time that Waste Management be allowed to request a new or expanded landfill footprint at the

(West Carleton Environmental Centre)," Watson's letter reads.

Coun. Peter Hume said the city has no tool to influence businesses to recycle or do other things to divert waste from their operations.

Watson's letter asks the province to set waste-diversion targets for Waste Management, and to gradually reduce the permitted annual tonnage the company can dump at the landfill.

Councillors believe the

province has paid insufficient attention to its concerns about the landfill, expressed through the initial environmental assessment process last year.

Kate Jordan, a spokeswoman for the Ministry of Environment, said the ministry acknowledges the city has outstanding concerns. She said the environmental assessment indicated "conditions of approval" required to address "some" of the city's issues.

'Vindication of privacy'

Supreme Court of Canada rules 5-2 that police must obtain wiretap orders to intercept text messages **PAGE 8**

And there goes some more

15 feet of the East Side Gallery portion of the Berlin Wall is torn down amid protests **PAGE 19**

Former senior Bosnian Serb officials convicted

The Yugoslav war crimes tribunal handed Mico Stanisic and Stojan Zupljanin 22 years in prison each for their roles in atrocities committed during the Bosnian War **PAGE 15**

Wonder walls

Decals are a cheap, easy and temporary way to give a room personality **PAGE 39**



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Noise until 1 in the morn. Lansdowne builders given bylaw exemption

Ottawa councillors approved a noise bylaw exception for the construction work at Lansdowne Park on Wednesday, permitting construction noise up to 1 a.m. six days a week.

In addition, the city's general manager of infrastructure services can approve concrete pours lasting up to 24 hours — which staff estimate will happen two or three times a month. The bylaw amendment passed with one nay vote from Coun. David Chernushenko, who acknowledged the vote wouldn't change anything, but wanted to stand in solidarity with the Glebe residents affected.

ALEX BOUTILIER/METRO

No reprieve until 2015

Here's what Lansdowne residents can expect thanks to the new bylaw.

- **1 a.m.** Concrete pours (and construction noise) can go until 1 a.m., 6 days a week.
- **24 hours.** Two to three times a month, construction may be required to go 24 hours straight.
- **Mid-2015.** Construction at Lansdowne Park expected to be complete in 2015.

Safety. Cameras on OC Transpo would be worth it: Experts

A proposal to put security cameras on OC Transpo buses could mean safer rides and speedier prosecutions, said a Calgary transit spokesman.

"People know that the cameras are there and are less likely to commit crime," said Ron Collins, a spokesman for Calgary Transit, indicating the \$1 million price tag to bring the video equipment to 1,000 city buses was well worth it. "Whatever the cost, it was a good venture for us. It has captured evidence that has

been used in court."

OC Transpo is waiting on pricing for a similar video system, said James Babe, manager of Transit Safety and Enforcement Services. "We're just working on the whole feasibility study for it," he said.

A program that brought video cameras to 825 buses and other vehicles in the TransLink network in Metro Vancouver from 2010 to 2011 cost the company roughly \$10.6 million, said Patricia

MacNeil, a spokesperson for TransLink. "Several cases in the last year that have gone to court have used this footage as part (of) sentencing decisions," she added.

President of the Amalgamated Transit Union Local 279, Craig Watson, said Tuesday a rash of recent sexual assaults on city buses is providing "more anecdotal evidence" of why a video system may be helpful. "Kids are swarmed on the bus. If you had cameras there, at least we could start

to pinpoint some of the groups. Other jurisdictions have seen crime reduced."

Watson anticipates the consulting firm doing the feasibility study will put proposals before the city's transit commission meeting in May.

Babe said OC Transpo is following up on one of the 12 priorities that OC Transpo general manager John Manconi laid out after his predecessor Alain Mercier was booted from the post last year. **GRAHAM LANKTREE/METRO**

Simons coming to Ottawa in 2015: Report

Trendy Quebec chain.

The clothing retailer is reportedly coming to a revamped Rideau Centre



JOE LOFARO
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The trendy, Quebec-based clothing retailer La Maison Simons is planning to further expand its reach outside of the province by opening up a store in Ottawa's Rideau Centre, according to a media report.

Le Droit reported Wednesday negotiations have been ongoing for about five years and the store plans to come to Ottawa in 2015.

The negotiations between Simons and Cadillac Fairview Corp., Rideau Centre's owner, have been reported in the past.

The company's president and CEO, Peter Simons, told Le Droit the Ottawa store would

be a "big" one, but not as big as the one that opened in Edmonton last fall. A spokesperson for the company told Metro the CEO was unavailable for comment Wednesday afternoon.

The West Edmonton Mall location was the company's first step outside of Quebec.

The news exploded on Twitter Wednesday with several people sending exclamation-filled tweets and retweets.

The store's Twitter account blasted out five retweets of people sharing news of the opening, including this one from @SIMONS_eng: "We're very happy! See you soon :-). RT @evermovingKat: @SIMONS_eng coming to the #Ottawa Rideau Centre!...in 2015."

When contacted by Metro, Cadillac Fairview referred questions to Rideau Centre general manager Cindy VanBuskirk.

"Unfortunately we do not disclose information regarding tenant negotiations," said VanBuskirk. "So I cannot confirm



Pedestrians bustle past Simons' Montreal location on Ste-Catherine Street West on Wednesday. **YVES PROVENCHER/METRO**

the status of any conversations that might be underway. I'm certainly not going to contradict anything that Mr. Simons has communicated to the media already."

The mall is currently undergoing an expansion which also includes the former Olgilvy

Store building on Rideau Street.

VanBuskirk said the proposed expansion at the heritage building is subject to approval from the City of Ottawa and the Cadillac Fairview board. She said a formal announcement on the project will likely be made in early summer 2013.

1 NEWS

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Victim taken to hospital

Police looking for suspects after man assaulted near Lowertown homeless shelter

Ottawa police are looking for at least one suspect after a man in his 40s was beaten near the 200 block of King Edward Avenue early Wednesday morning

near the Shepherds of Good Hope homeless shelter.

Police say they were called to the scene at around 1 a.m. for a call about a disturbance.

The victim was sent to hospital for non-life-threatening injuries to his face after being involved in a physical altercation.

Police say it's possible there was more than one suspect involved in the incident.

JOE LOFARO/METRO

Calling on city staff

Councillor wants cellphone tower's location changed

Osgoode Coun. Doug Thompson is asking Rogers Communications to nix its plans to build a 210-foot communications tower on Sale Barn Road.

Thompson put forward a motion calling on city staff to rescind their agreement on

the project due to concerns from the public that Rogers has not minimized the impact on nearby residential communities.

Thompson said Rogers is receptive to the community's concerns, and the firm will consider moving the location — but time is of the essence. "It would probably take eight to nine months to get (the replacement site) ready. There'd be some testing to do," he told reporters Wednesday.

ALEX BOUTILIER/METRO

Clocked at 162 km/h

High-speed vehicle 'test' ends in fine

Gatineau police handed a \$1,391 fine and 18 demerit points to a 39-year-old Mazda 3 driver who sped down Maloney Boulevard East near Lake Beauharnois at an unbelievable 162 km/h.

Police say the speeding happened March 26,

2013, at 10:30 p.m. While they were conducting a speed control, patrol sector intercepted a driver behind the wheel of a car who was driving a Mazda 3 at a high speed on Maloney Boulevard East eastbound near the entrance of Lake Beauharnois.

According to police, the driver said he wanted to test his vehicle. The car was impounded and the driver's licence suspended seven days. METRO

Young Ottawa gymnast hoping to compete in provincial championship

Eye on the prize.

Only a year into sport, tyke is passing up birthday parties for practice sessions



JOE LOFARO

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Weighing in at about 45 pounds and three feet nine inches tall, pre-novice gymnast Cynthia Zhang is one of the youngest and smallest girls vying to compete in the Rhythmic Ontario Championship and Rhythm Fest in Etobicoke later this spring.

Zhang, 7, placed first overall in the Kanata Cup on March 9 and 12th overall in the first qualifying competition in Toronto on March 17.

When she isn't in class or doing homework, she trains for about 12 hours each week at the Kanata Rhythmic Gymnastics Club. She spends five hours there on Saturdays and doesn't mind one bit.

"No, because I like it," she

said Wednesday by phone. "I think it's because I like the coaches and the suits and the music and stuff. And I like the club."

It's only been one year since she started doing gymnastics and already it's turning into a passion of hers. Most seven-year-olds would skip a practice to attend a birthday party, but not this one.

"She brought an invitation for her friend's birthday party and she said, 'Mommy I got a card, but I cannot go. I have training that day,'" recalled Zhang's mother, Yanhui Tong.

"I'm surprised," said Tong. "But for her that's a decision she has to make."

On April 20 her daughter will compete in Ottawa at the second qualifier doing her free routine on the floor and on the rope.

The excitement in the gymnastics community is building, especially with the National Gymnastics Championships being held this summer at Carleton University for higher-level athletes.

Zhang admits she is getting a little nervous



Cynthia Zhang ends her rope routine at the Kanata Cup gymnastics competition on March 9. CONTRIBUTED/MARK NOWELL

about provincials.

She says she "did sort of bad" at the Toronto competition, only placing ninth in free and 13th on rope. The

other girls were tougher, she said, so she is getting as much practice as possible in order to be able to compete from June 7 to 9.

But she still has mom's support no matter what.

"I'm glad she likes the sport and I am proud of her," said Tong.



Cynthia with her coach Dasa Lelli.



Cynthia performing a back split.



Cynthia performing a back walkover.

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Aboriginal youth bring urban edge to photo exhibit at NAC

Through pictures.

Photos show First Nations culture alive and well in Canada's capital



GRAHAM LANKTREE
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A slice of the lives of several Ottawa aboriginal youth living in the city is on display at the National Arts Centre this week in a new photo exhibit tied to a play exploring how First Nations have been viewed through the camera lens for the past century.

"My main message was to show that we're still here, we're still strong and to move in a positive way despite all the negative attention we've been receiving," said Winter



Young aboriginal photographer Gabrielle Anwhatin poses with a shot of her favourite drum, which has brought her closer to her traditional life.
GRAHAM LANKTREE/METRO

Doxtator, 18, who after years of suffering racism from her high school teachers found the Urban Aboriginal Alterna-

tive High School.

Those experiences "kind of drove me as well to do this project," said Doxtator as she

posed beside a self-portrait she took after traditional dance practice. "I came to this school and we had the

opportunity to do this project. A couple of classmates came from that same school with the same experiences."

She said she tries to make traditional dance an everyday thing. "I've been dancing all my life. I do it all the time. This is what being aboriginal in the city means to me, so I thought, 'I'm going to take a picture of it.'"

The project was spearheaded by the Great Canadian Theatre Company in connection with the play *The Edward Curtis Project* opening at the NAC next week. The play examines the work of Curtis, a photographer who at the turn of the century in the U.S. set out to document aboriginal lives in the belief the culture would become extinct.

"Without my drum I would be lost," said Gabrielle Anwhatin, 18. Every Wednesday, she said, she and her family join the culture night at the Wabano Centre. "That drum has taken me to where I am today."

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Actors Alice Moran and Patrick Whalen poke fun at the S&M romp *Fifty Shades of Grey* in *Spank!*. CONTRIBUTED/PAUL SCHNAITZACHER

Fans of Fifty Shades about to get spanked silly

Musical parody. *Spank!* described as 'SNL meets S&M,' exploring the funny side of sex



GRAHAM LANKTREE
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Fans of the steamy *Fifty Shades of Grey* S&M erotica novels won't want to miss a musical parody, which plays on the lighter side of their deepest, darkest sexual fantasies.

"This is a fantastic platform to bring it out in the open, just like the books did," said actor Patrick Whalen, whose chiselled jaw and bed-

room eyes entice the ladies as he fills the suit of *Spank!*'s billionaire magnate Hugh Hanson, a thin guise for the book's sadist Christian Grey.

"It's about fulfilling our sexual fantasies and taking the time to laugh at our own hopes and dreams," said Whalen.

The show opens with a sexy burlesque number by the actor and launches into the story of E.B. Janet, a sexually frustrated middle-aged mom who, while her husband is away, sets out to write about her fantasies as they unfold for a 22-year-old virgin.

"Imagine being led into a magic room of bondage by none other than Willie Wonka himself," said Whalen, who sings one musical number based on the song *Pure Imagin-*

Showtimes

***Spank! The Fifty Shades Parody* runs at Centrepointe Theatre from April 2 to 4 and from April 5 to 7 in Toronto.**

ation from the 1971 Gene Wilder musical film *Willy Wonka & the Chocolate Factory*.

"It's a girl's night out. You've been reading the books, now you can laugh about it and talk about it," said Anne-Marie Scheffler who plays E.B. Janet and describes co-actor Whalen as a "one-man Chippendales."

"I would describe the show as SNL meets S&M," she said. "We explore the hilarity that is sex."

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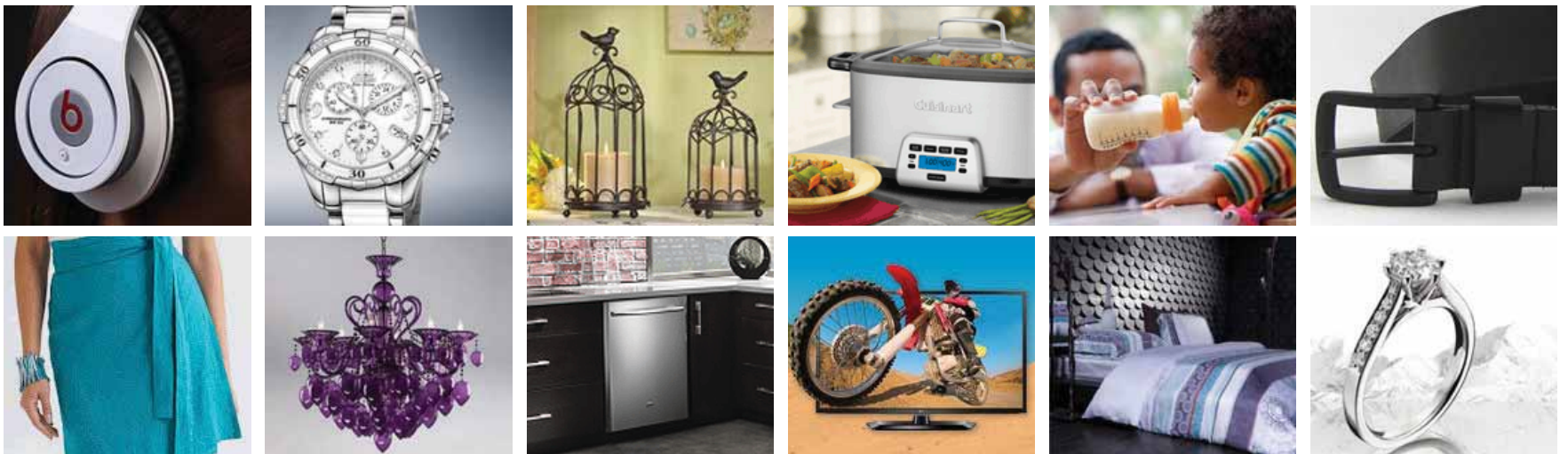
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Iconic rodent. Some complain Wiarton Willie was wrong this year

The central Ontario town best known as the home of Wiarton Willie is coming to the defence of its furry forecaster.

The Town of South Bruce Peninsula, which includes the community of Wiarton, has issued a statement saying Willie is "still a valued prognosticator" despite grumblings about his accuracy.

The famous rodent did not see his shadow on Groundhog Day, indicating it would be an early spring, but some in his hometown beg to differ.

Early spring?

Willie's American counterpart Punxsutawney Phil came under fire this week when a lawyer threatened to take him to court over his inaccurate forecast.

Mayor John Close says the weather has been normal, but expectations are high following last year's balmy March. **THE CANADIAN PRESS**



Mayor John Close of Wiarton listens to Willie in February. **THE CANADIAN PRESS**

Supreme Court sets rules on text-message interception

Privacy rights.

Special wiretap orders needed before police can intercept texts, not ordinary search warrants

Police need special wiretap orders — not just ordinary search warrants — to intercept cellphone text messages as part of criminal investigations, the Supreme Court of Canada ruled Wednesday.

In a 5-2 split decision, the court sided with wireless car-

Ruling

"We see it as a robust vindication of privacy rights in the digital age."

Abby Desman of The Canadian Civil Liberties Association



The Supreme Court says texting should receive the same protection as private communications. **THE ASSOCIATED PRESS**

rier Telus by agreeing that text messaging is essentially another form of conversation and should receive the same protection to which private communications are entitled under the Criminal Code.

"Text messaging is, in essence, an electronic conver-

sation," Justice Rosalie Abella wrote for the majority of the court.

"Technical differences inherent in new technology should not determine the scope of protection afforded to private communications.

"The only practical differ-

ence between text messaging and traditional voice communications is the transmission process. This distinction should not take text messages outside the protection to which private communications are entitled," Justice Abella wrote. **THE CANADIAN PRESS**

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Liberal race. Harper, Mulcair pandering to 'fringes': Trudeau

With the finish line in sight, Justin Trudeau took his Liberal leadership bid to the financial heartland Wednesday, accusing both Prime Minister Stephen Harper and NDP Leader Tom Mulcair of pandering to political extremism.

"We have two parties that are ideologically based around the fringes," Trudeau said. "Where the Liberal party needs to be focused on is the actual large mass of Canadians ... who



Justin Trudeau

CHRIS SO/TORSTAR NEWS SERVICE

are not driven by a specific polarizing issue."

THE CANADIAN PRESS

Robocalls

Report calls for harsher punishments

Elections Canada is seeking greater powers to punish anyone caught impersonating one of its officials in the wake of the robocalls affair.

The agency Wednesday released a report into false or misleading calls made during the last federal election.

The report urges the government to create a new offence that includes hefty fines and jail time for anyone caught pretending to be an Elections Canada official. THE CANADIAN PRESS

Muzzling complaints spark debate among Tory MPs



Conservative MP Mark Warawa gets set to appear before the Commons house affairs committee Wednesday in Ottawa. FRED CHARTRAND/THE CANADIAN PRESS

Freedom of speech. Concerns PM's desire to keep abortion issue closed is trumping freedom of debate

Conservative MPs are grappling with the issue of party control and freedom of speech in Parliament after a handful of their colleagues complained they're being muzzled.

The subject was discussed at the weekly caucus meeting, but there appeared to be no resolution to the problem.

Vancouver-area MP Mark Warawa has complained to

Quoted

"A member should be able to make a statement on any issue."

Kyle Seeback, Conservative MP

the Speaker of the House of Commons that his right to make statements on a subject of his choice before question period has been stifled.

Some MPs sided with Warawa, while others suggested he was offside.

"A member should be able to make a statement on any issue they think is important to themselves or their constituencies," said Tory MP Kyle Seeback.

"Mr. Warawa's (member's statement) should not have been taken away."

Alberta Tory MP Leon Benoit, who had originally backed Warawa's complaint before the speaker, suggested that some measure of peace had been achieved at the weekly meeting.

"We had a really good caucus meeting, and the prime minister's as usual shown good leadership and I appreciate that," said Benoit. "He's a great leader. It was a good discussion." THE CANADIAN PRESS



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Cyprus limits bank transfers, ups security

Emergency measures.

Banks open today after new tax imposed on large accounts

Cyprus has imposed limits on money transfers and hired extra security guards as it prepares for the planned reopening today of its banks, which have been closed for almost two weeks to avoid a run during the country's financial drama.

A banking official said Wednesday that new controls will include restrictions on large-scale transfers from the country's two largest and most troubled lenders, Bank of Cyprus and Laiki. Both are being restructured and big depositors



A woman uses an ATM outside of a closed bank in Cyprus. The country agreed to trim its banking sector in order to raise enough money to qualify for a bailout loan.

PETROS GIANNAKOURIS/THE ASSOCIATED PRESS

face losses of up to 40 per cent.

Authorities are looking to increase the daily withdrawal limit from 100 euros to 300 euros (from \$130 to \$386), while

payroll payments will be allowed in order to help businesses, which have taken a huge hit as people cut down on their spending amid the uncertainty swirling about the banks.

The restrictions will be kept for at least a week until the situation stabilizes, said an official.

Meanwhile, private security firm G4S will dispatch 180 of its staff to all bank branches on the island to keep a lid on any possible trouble, said John Argyrou, managing director of the firm's Cypriot arm.

Cyprus's banking sector grew to nearly eight times the size of the country's economy, mainly on the back of substantial deposits from Russia, sparking accusations the country was being used by Russian criminals to launder their money.

THE ASSOCIATED PRESS

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Insane wife killer. Court tosses province's claim to life-insurance payout

Ontario's Superior Court of Justice has ruled it would be "manifestly harsh" and "clearly not in the interests of justice" to order cash from a murdered woman's life insurance policy to go to the province rather than to the mentally ill husband who killed her.

The case involved Ved Dhingra, who killed his wife Kamlesh in 2006 but was found not criminally responsible due to a mental disorder.

While the court agreed with the province's argument that the life insurance payout claimed by Dhingra was proceeds of unlawful activity, it

Civil Remedies Act

The Civil Remedies Act, enacted in 2002, aims to prevent criminals from profiting from wrongdoing.

- It does not exempt a person found not criminally responsible on account of mental disorder.

found it would not be just for Dhingra to forfeit the funds and consequently dismissed the attorney general's application.

THE CANADIAN PRESS

Unscheduled landing

Boozy passenger disrupts flight

An Air Transat flight from Vancouver to the United Kingdom had to make an unscheduled landing in Nunavut because of a drunk-

en and unruly passenger.

RCMP said the plane was diverted early Wednesday to the territorial capital of Iqaluit because the 39-year-old man was belligerent and acting aggressively.

He had to be restrained by flight attendants and other passengers. THE CANADIAN PRESS

Cop killer found not criminally responsible

Mental illness. Three psychiatrists testified man was psychotic at the time he killed Toronto officer while on snowplow rampage

A man who killed a Toronto police officer with a snowplow showed no emotion Wednesday when he was found not criminally responsible.

Jurors reached the verdict in the trial of Richard Kachkar, 46, in the third day of deliberations.

The verdict means the jury believed Kachkar couldn't appreciate what he was doing when he hit and killed Sgt. Ryan Russell, 35, on Jan. 12, 2011, because he was mentally ill.

People who are found not criminally responsible are sent to mental-health facilities

for an indeterminate period of time and can be released only when a review board finds they aren't a significant threat to public safety.

But the judge in the case still allowed Russell's family to deliver victim-impact statements.

Speaking directly to Kachkar, Russell's father Glenn said Kachkar had smashed his family into pieces.

"You have no idea how much grief and pain you have caused," he said. "When you ran my son down with that plow and left him bleeding to death in the snow, a large part of myself died."

The judge had told the jury there was "no doubt" Kachkar was driving the stolen snowplow, but what the jury had to consider was his mental state.

The man from St. Catharines, Ont., drove the plow around the city, hitting vehicles and crossing into oncoming traffic.

THE CANADIAN PRESS



A man who killed Toronto police Sgt. Ryan Russell, pictured, with a snowplow has been found not criminally responsible. TORONTO POLICE SERVICE

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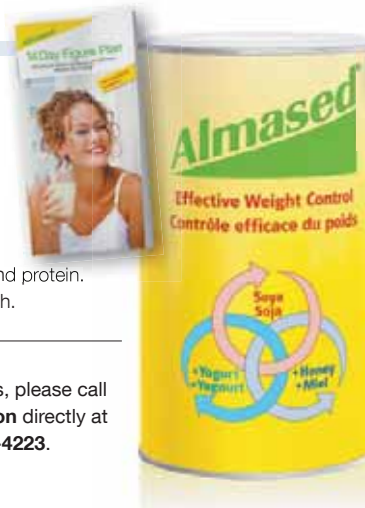
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1.4M viewers. Student's anti-rape video packs a surprise in the punchline

Nineteen-year-old Samantha Stendal's anti-rape video was simple, short and sweet.

And her message has captured 1.4 million viewers in just five days.

Stendal, a second-year University of Oregon film major, decided to make the video titled *A Needed Response* because of the coverage of the Steubenville, Ohio, rape trial.

In Stendal's 26-second video, a woman is passed out on a couch and a guy in front of her leers at the camera, "Guess what I'm gonna do to her?"

The result is not what you'd expect:

The guy fetches a pillow, a blanket and a glass of water and then says, "Real men treat women with respect."

Stendal, events co-ordin-

Quoted

"Guess what I'm gonna do to her?"

Leering guy in *A Needed Response* video as he looks at a woman passed out on a couch. But then he springs a surprise by bringing her a pillow and a blanket.

ator of the University Film Organization, said she made her first YouTube video because she was upset that one of the first questions about that rape case has been "what the victim could have done differently."

Two Steubenville High School football players were convicted on March 17 of raping a 16-year-old girl who was passed out at a party.

TORSTAR NEWS SERVICE

Safe Sites

Free condoms rile university

A Massachusetts university is threatening disciplinary action against students who distribute condoms out of their dorm rooms.

Boston College is demanding an end to student-run Safe Sites, a network of dorm rooms where free contraceptives are available.

The university says the distribution of condoms is a violation of the facility's Roman Catholic values.

An American Civil Liberties Union of Massachusetts lawyer says Boston College may be violating student rights.

THE ASSOCIATED PRESS

Health

Probe pinpoints new cancer risks

A huge international operation has uncovered dozens of new DNA signposts that can reveal a person's risk for breast, ovarian or prostate cancer.

Scientists found 49 new risk markers for breast cancer, 26 for prostate cancer and eight for ovarian cancer.

The operation involved genetic tests on 200,000 people, scientists said.

"This adds another piece to the puzzle,"

said Harpal Kumar, chief executive of Cancer Research U.K., the charity that funded much of the research.

THE ASSOCIATED PRESS

Defence of Marriage Act may soon be dead

Top court drops hints.

Justices may toss out law that prevents gay couples from getting benefits that go to married straights

The U.S. Supreme Court appeared late Wednesday to be on the verge of dropping a gay-marriage bombshell.

It indicated it could strike down the law that prevents legally married gay couples from receiving federal benefits that go to married people.

After two days of intense debate, the court wrapped up its arguments over gay marriage in America.

And Justice Anthony Kennedy — often the decisive vote in a divided court — joined the four more liberal justices in raising questions about the provision of the federal Defence of Marriage Act that is being challenged at the Supreme Court.

Kennedy said the law appears to intrude on the power of states that have chosen to recognize same-sex marriages.

Other justices said the law creates what Justice Ruth Bader Ginsburg called two classes of marriage.

The federal law affects a range of benefits available to married couples, including tax breaks, survivor benefits and health insurance for the spouses of federal employees.

Lower federal courts have struck down the section of the law that defines marriage



Hoping for a game-changer: Same-sex-marriage supporters rally Wednesday outside the U.S. Supreme Court in Washington, D.C., while, inside, justices and lawyers debated whether to strike down a law that prevents legally married gay couples from receiving certain federal benefits. MARK WILSON/GETTY IMAGES

as being between one man and one woman.

And now the justices, in nearly two hours of argument, were considering whether to follow suit.

President Barack Obama declared his support for gay marriage during last year's presidential election campaign.

Same-sex marriage is legal in nine states and the District of Columbia, while 12 others recognize "civil unions" or "domestic partnerships" that grant the same benefits without full rights of marriage.

All the other U.S. states ban gay marriage in their constitutions.

THE ASSOCIATED PRESS

New logo

Now gay marriage is in the pink

Bud Light said it with beer cans. Martha Stewart said it with red velvet cake.

Companies and celebrities from Beyoncé to George Takei this week joined millions of social media users in posting and tweeting a simple red logo in support of gay marriage.

A square box with thick pink horizontal lines (the



mathematical equal symbol) was offered for sharing by the Human Rights Campaign.

The image — pictured above — is a makeover of the advocacy group's logo, usually a blue background with bright yellow lines.

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Arizona gunfire. Documents from 2011 shooting made public

Thousands of pages of witness accounts, police reports and other documents in the investigation of the Arizona shooting rampage that wounded former Rep. Gabrielle Giffords have been made public.

The documents were released Wednesday by the Pima County sheriff's department after being kept private since the Tucson attack more than two years ago.

The estimated 2,700 pages of records are from the investigation into the January 2011 shooting at a meet-and-greet event outside a grocery store that killed six people and wounded Giffords and 12 others.

The judge in the case had prevented authorities from releasing the records. But he cleared the way after the conclusion of the criminal case against the man who carried out the attack. **THE ASSOCIATED PRESS**



Jared Loughner went on a shooting rampage that killed six and left others wounded, including then U.S. Rep. Gabrielle Giffords.
U.S. MARSHAL'S OFFICE/THE ASSOCIATED PRESS

Arizona shooting

There are an estimated 2,700 pages of records from the investigation

- The shooting outside of the grocery store killed six people and wounded 13.

Movie-theatre massacre. Shooter could avoid death penalty with guilty plea

Lawyers for Colorado theatre-shooting suspect James Holmes have offered to have him plead guilty and serve the rest of his life in prison to avoid the death penalty.

Lawyers made the offer in a motion filed Wednesday but said prosecutors haven't accepted the offer because they may want to pursue the death penalty. Prosecutors are set to announce Monday

whether they'll seek capital punishment. Prosecutors declined comment. They would likely consult with victims and their families before deciding whether to accept the offer.

Holmes faces murder and attempted murder charges. The judge entered a not-guilty plea for him, but he still has the option of changing that to not guilty by reason of insanity. **THE ASSOCIATED PRESS**

Former officials found guilty for war killings

Sentencing. Senior Bosnian Serb officials sentenced to 22 years for roles in killings

The Yugoslav war crimes tribunal convicted two senior Bosnian Serbs on Wednesday of key roles in a campaign of murder, torture and persecution against Muslims and Croats during the 1992-95 Bosnian war and sentenced them each to 22 years in prison.

Mico Stanisic was the interior minister in the break-away Bosnian Serb republic set up during his country's bitter war, while Stojan Zupljanin was a senior security official in charge of police.

Prosecutors had sought life sentences for both men after charging them with involvement in a criminal conspiracy led by Bosnian Serb



Former Bosnian Serb senior security official and police chief Stojan Zupljanin, right, welcomes his lawyer prior to his judgment in The Hague, Netherlands, Wednesday. MICHAEL KOOREN/THE ASSOCIATED PRESS

President Radovan Karadzic and his military chief, Gen. Ratko Mladic, to force Muslims and Croats out of what they considered to be Serb territory in Bosnia.

Presiding Judge Burton Hall said both men were in a position to prevent or punish crimes and neither did as Serb police and paramilitaries went on a rampage in

Bosnian War

The tribunal has indicted 161 people for their roles in atrocities in the former Yugoslavia over a decade starting in 1991

- The Bosnian War left more than 100,000 people dead
- Both men are still on trial at the UN court on charges including genocide for allegedly masterminding the slaughter, persecution and mass deportation of non-Serbs during the war.

early 1992, killing and mistreating non-Serbs as they tried to carve out a "Greater Serbia" during the bloody disintegration of Yugoslavia. **THE ASSOCIATED PRESS**

Carl Pistorius pleads not guilty

The brother of Oscar Pistorius pleaded not guilty to a charge of culpable homicide or negligent killing in a South African court Wednesday for the death of a female motorcyclist in a road collision in 2008.

Carl Pistorius also pleaded not guilty to two alternative charges of driving in a reckless and inconsiderate manner. The older brother of double-amputee Olympian Oscar Pistorius wore a dark suit and was accompanied by the pair's younger sister, Ai-

mee, and other relatives and friends for the first day of his trial at a court in the city of Vanderbijlpark, south of Johannesburg.

Oscar Pistorius, who was charged with murdering his girlfriend on Feb. 14, was not present and hasn't been seen in public since he was granted bail at Pretoria Magistrate's Court on Feb. 22.

His lawyers plan to challenge his bail restrictions on Thursday. Carl's trial was adjourned until next week to

allow lawyer Kenneth Oldwage, also part of Oscar's defence team, to help prepare Oscar's bail appeal at the North Gauteng High Court in Pretoria. Carl and Aimee arrived separately at the drab two-story Vanderbijlpark Magistrate's Court building early Wednesday.

They left together at the end of the day's proceedings and declined to comment on Oscar's case as a policeman led them out.

THE ASSOCIATED PRESS



Carl Pistorius's trial was adjourned until next week.

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Assad appeals for end to Syrian civil war at summit

In a letter. Syrian president asked leaders of five nations to 'work for an immediate cessation of violence'

Syria's increasingly isolated president sent a letter calling for help from leaders of five nations at an economic meeting Wednesday in South Africa to help end his country's civil war.

Bashar Assad's appeal to Brazil, Russia, India, China and South Africa came a day after the Arab League endorsed Syria's Western-backed opposition coalition, allowing it to take the country's seat at a summit in Doha, Qatar. The move drew strong condemnation from Damascus, which warned it will take "appropriate measures" to defend its sovereignty.

Attempts to end Syria's two-year-old conflict through peaceful means have failed



Syrian rebel fighter Tawfiq Hassan, 23, poses for a picture in this August 2012 file photo at a rebel headquarters in Marea on the outskirts of Aleppo, Syria. The country's President Bashar Assad sent a letter calling for help from leaders of five nations at an economic meeting Wednesday in South Africa to help end his country's civil war.

MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

to make progress. The opposition, including the main Syrian National Coalition, says it will accept nothing less than Assad's departure from power while Assad's government has

vowed to continue the battle until the rebel forces — which it refers to as terrorists — are crushed.

"This requires a clear international will to dry up the

sources of terrorism and stop its funding and arming," Assad said in the letter, which was carried by Syrian state media on Wednesday.

THE ASSOCIATED PRESS

Fleeing Syria. Kenney working on plans if asked for help with refugee crisis

Government officials are bracing for the possibility Canada is asked to take in people fleeing the ongoing conflict in Syria, Immigration Minister Jason Kenney said Wednesday.

But a large-scale resettlement program won't resolve the growing refugee crisis, Kenney admitted.

"We're talking about millions of either convention refugees or non-registered de facto refugees or internally displaced persons in Syria," Kenney said after announcing the expansion of a resettlement program for Bhutanese refugees.

"And anyone who thinks we can just bring people in by the tens of thousands doesn't understand the complexity of the situation."

Kenney has come under repeated criticism from Syrian-Canadian groups and refugee advocates for failing to provide a concrete strategy for the growing refugee problem caused by the two-year-

Screening process

- Immigration Minister Jason Kenney cautioned that if a resettlement program were created, there would be strict controls.
- "There is a terrible bloody war going on and there's frankly blood on a lot of people's hands, both on the part of the regime and many of the opposition militias," he said. "We would have to be very careful about security screening and admissibility for anyone seeking to come in to a program like that."

old civil war.

The United Nations estimates more than a million people have left the country since 2011 — a number they say could eventually triple if no solution is found.

THE CANADIAN PRESS



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Internet spam fighter zapped by massive online attack

An Internet watchdog group responsible for keeping ads for counterfeit Viagra and bogus weight-loss pills out of inboxes around the world has been hit by a huge cyber-attack, a crushing electronic onslaught that one expert said has already had ripple effects across the web.

Spam-fighting organization Spamhaus said Wednesday that it had been buffeted by a massive denial-of-service attack since mid-March, apparently from groups angry at being blacklisted by the Geneva-based group.

"It is a small miracle that we're still online," said Spam-

haus researcher Vincent Hanna.

Denial-of-service attacks work by overwhelming target servers with traffic.

The attack could be bad news for email users, many of whose incoming messages are checked against Spamhaus's widely used and con-

stantly updated blacklists.

Hanna said that his site had so far managed to stay on top of the spammers, but warned that being knocked offline could give them an opening. The sheer size of the attack has already affected Internet users elsewhere.

THE ASSOCIATED PRESS



Marketing research shows web surfers actually read very little on a page as their eyes dart around their search for something specific. There are lessons in this info for web designers. SCOTT BARBOUR/GETTY IMAGES

Research tracks quick hits of users

Research. Users focus on the first few search results down the page and only about a third of the way horizontally

Front-end your web prose

"At the beginning of a headline, or a heading, or paragraph, people are seeing at most 12 to 15 characters," said Ian Everdell of Mediative.

- That means that the content of the writing has to be front-ended to catch attention, he said.

Ian Everdell knows exactly where people's eyes generally go when browsing a web page, and how women act a little differently than men when it comes to reading online.

If you can even call it reading.

Everdell has it on good authority that Internet users typically aren't really reading at all on most web pages. Their eyes impatiently dart across the screen in search of something specific, or something interesting to pique their attention, but there's not much actual reading going on.

He knows because of the eye-tracking technology at the Toronto office of the marketing company Mediative, where web users sit down to do a little surfing and have their flits of vision recorded and studied.

Web designers can then see what viewers are looking at and what they're not.

THE CANADIAN PRESS

BlackBerry

U.S. sales test of comeback hopes

Investors will get a first glimpse Thursday of sales data for BlackBerry's new Z10 touchscreen smartphone.

The Waterloo-based company is to report financial results for fiscal 2013 and for the fourth quarter ended March 2 before markets open, with options trades betting that the release will drive the company's stock higher.

BlackBerry's report will

capture nearly a month of sales from the Z10, a sleek, multi-tasking handset running on a rebuilt BB10 operating platform that launched first in the U.K. on Jan. 31.

It will include no sales from the U.S., where the platform debuted last Friday.

While most analysts see the numbers from the U.S., BlackBerry's largest single market, as the test of its comeback hopes, some say early data could give the volatile stock a short-term boost.

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Crews remove piece of Berlin Wall

Hated symbol. 15 feet of concrete removed to make way for real estate development

For nearly 30 years, the Berlin Wall was the hated symbol of the division of Europe, a grey, concrete mass that snaked through neigh-

bourhoods, separating families and friends. On Wednesday, it took hundreds of police to guarantee the safe removal of less than five metres of what's left of the wall.

Construction crews, protected by about 250 police officers, hauled down part of the 1.3-kilometre strip of the wall before dawn to

provide access to a planned luxury apartment complex overlooking the Spree River.

Even though most of the strip remains intact, the move angered many Berliners, who believe that developers are sacrificing history for profit.

The site, known as the East Side Gallery, has become a major tourist attrac-

tion, painted by 120 artists with colorful scenes along the grey concrete tiles.

It is the longest remaining portion of the 155-kilometre wall that surrounded Western-occupied West Berlin from 1961 until the peaceful revolution against the communist East German government in 1989.

THE ASSOCIATED PRESS



Police guard a construction site and sections of the East Side Gallery, while parts of the former Berlin Wall are removed in Berlin, Germany, on Wednesday. BRITTA PEDERSEN/THE ASSOCIATED PRESS



Festival of colours

Foreign tourists smear coloured powder on one another, top, and a widow throws flowers during Holi celebrations in Pushkar, India. The festival, which marks the advent of spring, was celebrated across the country on Wednesday.

DEEPAK SHARMA/THE ASSOCIATED PRESS; KEVIN FRAYER/THE ASSOCIATED PRESS

Royal bones

Diocese speculate bones belong to King Alfred the Great

A diocese in southern England says it has exhumed a grave over fears that a set of bones could be stolen amid speculation that the remains are those of King Alfred the Great.

The Diocese of Winchester says the exhumation

took place earlier this week in the churchyard of St. Bartholomew's Church. The bones are now in storage.

Nick Edmond, diocese spokesman, said Wednesday the exhumation was authorized to protect the bones amid heightened interest following the recently discovered remains of King Richard III.

Edmondson said no permission has been given to analyze the bones.

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NADbank. 88K Ottawans read Metro every day

The numbers are in — according to the latest NADbank newspaper research, 88,000 Ottawans reach for a Metro newspaper every morning to find out what happened in their city and around the globe while they slept, an increase of 43 per cent since the paper launched in 2008.

"The recent results verify that Metro is still the number one free daily in Ottawa and Canada," says Greg Lutes, Vice President and Group Publisher, Eastern Canada. "And for good reason: We give readers a compelling mix of local news and unique features they can't find anywhere else."

Nationally, the research reports that 1.6 million Canadians from Halifax to Vancouver read a Metro every day, an increase of nine per cent over last year. Every week, 3.9 million Canadians turn to their

Metro for the latest news, an increase of 16 per cent. And that's only part of the story.

Metro Canada's total brand footprint — print, digital paper, website and news app — has reached a record 1.8 million daily readers and 4.1 million weekly readers.

"We've heard lots of chatter about the death of newspapers," says Bill McDonald, President of Metro English Canada. "But the truth is, more Canadians than ever before are turning to newspapers across all their platforms, and the growth has been driven by a combination of free dailies and digital properties."

"Our readers — active metro-politans — expect news, information and entertainment from the paper, the app and online, and these numbers tell us we're delivering on that expectation."

METRO

Market Minute



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Natural gas: \$4.08 US (+9¢)
Dow Jones: 14,526.16 (-33.49)



TSX
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\$1,606.20 US (+\$10.50)

February inflation shows biggest jump in over 2 decades

Inflation shock. Hike in gasoline prices fuelled month-to-month rise — but figure is likely to be viewed as an anomaly

Consumer prices in Canada jumped by a surprisingly strong 1.2 per cent in February as a big hike in gasoline helped fuel the biggest month-to-month pop in inflation since January 1991 when Ottawa introduced the GST.

The one-month increase lifted the Canadian annual inflation rate by 0.7 point, also to 1.2 per cent, reversing a trend that had reduced annual inflation to 0.5 per cent in January, the lowest in more than three years.

Economists had expected inflation to start edging up, particularly as gasoline prices were known to have risen, but their best estimate was for a year-



A steep increase in gasoline prices from January to February helped drive up consumer prices in Canada by a surprisingly strong 1.2 per cent. THE CANADIAN PRESS FILE

to-year increase of 0.8 per cent and a month-to-month increase of 0.7 per cent.

Despite the one-month inflation shock, analysts said Canadians had little to worry about and that the Bank of Canada will likely discount the report

as an anomaly.

Derek Holt, vice-president of economics with Scotia Capital, noted the steep increase in gasoline prices from January to February — 8.4 per cent — is not being repeated in March.

THE CANADIAN PRESS

Yoga pants recall

No need to bend over: Lululemon

Lululemon said Wednesday that no demonstrations of yoga or any other positions are needed to return the pricey black yoga pants that the company pulled from shelves last week after finding they were too sheer.

"We do not require guests to demonstrate the sheerness of their bottoms," said Sari Martin, who works for communications firm ICR and spoke on behalf of Lululemon.

The statement comes a day after a New York Post report recounted one woman's tale of being asked by sales staff to bend over to prove the pants she was trying to return were sheer. Martin would not comment on the specific instance recounted by the Post, but said Wednesday that this is not standard policy for Lululemon staffers.

To the contrary, she said that people who bought the black Luon yoga pants since March 1, either online or in store, can return them for a full refund, "no questions asked." THE ASSOCIATED PRESS

Sleeping on the job

Professional hotel guest wanted

Hotel Finn in the heart of Helsinki is seeking a "professional sleeper" for 35 days to test their rooms and blog all about it. Hotel manager Tio Tikka says he thought up the stunt to help promote the hotel after lengthy renovations. Requirements: Fluent Finnish and English, Russian a plus. The job opens May 17 with applications closing end of April.

THE ASSOCIATED PRESS

Extreme weather cost \$78B in insurance losses



Homes wrecked by Superstorm Sandy are pictured on Oct. 31, 2012, in Seaside Heights, N.J. GETTY IMAGES FILE

The world's second-largest reinsurer says natural catastrophes and man-made disasters cost the insurance industry about \$78 billion in 2012, the third costliest year on record.

Swiss Re says the more than 300 catastrophes and disasters, which caused the loss of 14,000 lives, were mostly due to "large scale weather events" in the United States such as Superstorm Sandy. Sandy accounted

Storm damage

\$35.6B

Superstorm Sandy accounted for \$35.6 billion of insured losses, nearly half the worldwide total in 2012.

for \$35.6 billion of insured losses — nearly half the total worldwide.

But the Zurich-based firm noted in a statement Wednesday the losses were well down from 2011, when record earthquakes and flooding in Asia Pacific region caused the highest ever recorded losses of more than \$128 billion.

Kurt Karl, Swiss Re's chief economist, says "large parts of the globe that are prone to weather extremes" were uninsured. THE ASSOCIATED PRESS

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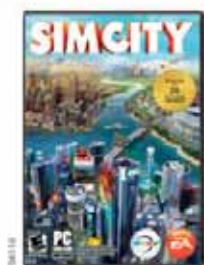
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Synopsis

Based on Hasbro's G.I. Joe toys and comics, *Retaliation* sees the G.I. Joe squad — Duke (Channing Tatum), Roadblock (Dwayne Johnson), Flint (D.J. Cotrona) and Lady Jaye (Adrianne Palicki) — framed for treason. Shut down by order of the president (Jonathan Pryce) they team with a rogue general, Joseph Colton (Bruce Willis), to battle venomous international terrorist organization Cobra and super villain Zartan (Arnold Vosloo).

Richard: ●●●●●

Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Channing Tatum and Dwayne Johnson flex their muscles in *G.I. Joe: Retaliation*. HANDOUT

A real American no-no

Retaliation. Second instalment of the G.I. Joe series beats the tar out of viewers

Richard: Mark, I enjoyed watching *G.I. Joe: Retaliation*, but it wasn't the movie I thought it would be. It was written by the people who did *Zombieland*, so I expected a higher laugh to body count ratio. I didn't think it would be *Zero Dark Thirty* or anything, but every now and again it would tease me with a line like, "They call it a water board, but I never got bored," that made me wish for more belly laughs and

fewer bullets. What did you think?

Mark: The spirit of Michael Bay hangs over this movie like a shroud, suffocating it with inane plotting, cardboard characters and meth lab editing. I thought I disliked the first *G.I. Joe* but this one makes the original look like *Citizen Kane*. No wonder Charming Tater, or whatever his name is, had the smarts to limit his scenes to his contractual obligations only.

RC: This one makes the assumption that the audience has read the comics and knows the mythology surrounding the Joes (all you really need to know

is that "Joes" rhymes with "heroes"), Cobra (the bad guys) and the various ninjas. That's where this movie lost me, story wise. I was glad the ninjas were there — there's a wild ninja chase in the middle of the movie — but their backstory muddies things up. Remind me again, is Storm Shadow a good guy or a bad guy?

MB: Couldn't tell. Same with the ninjas. They have a great scene on a mountain, though, the best in the movie. But otherwise, the film just crowds in as much action as possible, and hopes we'll find Jonathan Pryce as dastardly as he thinks he is. The rest of

the cast seems a bit stunned by the plot, even The Rock, although Bruce Willis is a welcome arrival midway through. But it's like putting a fine béarnaise sauce on a rancid flank steak. In glorious 3D.

RC: I liked it more than you. I was content to sit back and watch things explode — the little flying bug bombs are cool — and watch The Rock flex his muscles, but I did feel the action scenes, while plentiful, were shot so that it was often difficult to tell who was beating the tar out of who.

MB: Me either, but in the end, I felt the movie was beating the tar out of me.

2 SCENE

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LITERACY BEGINS AT HOME

ABC LIFE LITERACY CANADA AND NATREL BABOO INSPIRE CANADIAN FAMILIES TO CELEBRATE LITERACY WITH FAMILY LITERACY RESOURCES FOR NEW PARENTS.

Literacy – it’s not just reading and writing. It’s a range of skills you need to progress through everyday life. “Communicating with others, writing emails, balancing your chequebook or understanding your mortgage – these are examples of moments where literacy impacts your life,” explains Anthony Alfred, Interim President for ABC Life Literacy Canada. “And it’s not something that stops when you leave school. The continuum of learning is a lifelong pursuit.”

Literacy impacts every part of our lives, from work and school, to home life, to community. It’s what allows us to live a fully engaged life, and it starts in early childhood. “Parents are their children’s first teacher, the first person to introduce them to language, books, songs and rhymes. They’re providing children with the foundational pieces they need to make them more confident and to help them



“Often we find that parents are unsure about what to do to help their children be successful learners. This resource gives parents all sorts of great ideas and activities.”

Kim Chung, Program Director, Centre for Family Literacy, Edmonton

develop the brain connections they need to be better readers, writers and communicators,” says Patti Prentice, Early Literacy Specialist for Ontario Early Years Centres in London, Ont.

It’s not just the children that benefit. “When parents become engaged in their child’s development, they are also learning. For adults struggling with literacy, this is particularly beneficial,” says Kim Chung, Program Director for the Centre for Family Literacy in Edmonton, Alta.

When literacy is embraced by parents at home, the impact on children is substantial. The time that parents invest working on literacy fundamentals has tremendous impact on how kids function in the world as they grow older.

That’s why ABC Life Literacy Canada, the leading national adult literacy

organization, and Natrel, a division of Agropur Cooperative, Canada’s largest dairy co-op, have teamed up to create Family Literacy Resources for New Parents. It’s an exciting and valuable interactive resource book targeting new parents to be distributed this spring to learning and early literacy centres throughout Ontario and online at FamilyLiteracyFun.ca. “The backbone of this program is to develop the literacy of children while helping parents tune up their own skills,” explains Alfred. “This resource book is filled with engaging and skill-building activities, games, tips, tools and more, so parents can work on literacy skills with their kids in a fun and positive way all year round.”

Both Chung and Prentice consulted on the resource and are excited about introducing it to families. “It’s perfect for

helping parents with strategies and activities to make learning a positive experience and it identifies activities that parents may not realize are literacy-building activities, like following a recipe,” says Prentice.

For 22 years, ABC Life Literacy Canada has worked with Canadians to celebrate literacy with programs like Family Literacy Day, Canada’s largest family literacy event held on January 27 for the past 15 years. This new venture is designed to put the resources families need to enrich literacy and learning right into hands of parents to share with their children.

“We’re delighted to be partnering with Natrel Baboo on this pilot program,” says Alfred. “Thanks to Natrel Baboo’s support, this new interactive resource will help parents and children share in the

benefits of literacy and learning together.”

“Many of us take literacy for granted, but so many Canadians don’t have the literacy skills necessary to participate in our changing dynamic world. We want to help make positive change, to help people reach their true potential,” says Natrel Marketing Director Karen Poncelet.

Look on Natrel packaging beginning this spring for information on raising awareness of literacy and ABC Life Literacy Canada. Natrel will also promote the resource guide online and through sampling opportunities around the country this spring and summer.

ABC LifeLiteracyCanada **Natrel Baboo**

FUN FAMILY LITERACY ACTIVITIES

SIGNING

Family literacy is more than reading and writing – it's about skill-building and communicating in its many variations. One great way to integrate literacy is through sign language. There are plenty of excellent resources to help families learn to sign. To make the process easier, reinforce learning by saying the word out loud as you sign.

Reward your children when they sign by repeating the word aloud, so they can be proud of their accomplishment, and have fun!

Here are a few common words that are easy to sign:

Open your hand and tap your chin with the end of your thumb for “mommy”; do the same but tap your forehead for “daddy”.



For “eat,” place the tip of your thumb on your fingertips and touch your thumb to your mouth. Put both hands into that

same position and tap the fingers in front of the chest to say “more”.

Place the palms together, then open the palms keeping the pinkie fingers together for “book.”



For “diaper,” curl in the third finger and pinkie, then tap together the thumb, first and second fingers.

RHYMING

Cat and hat...spoon and moon...head and bed. Finding rhyming words is an excellent tool for the development of a child's language skills. Look for rhyming words in songs, books and poetry. Practice finding rhyming words with your children by pointing to an object, saying the word and having them say the rhyming word or point to the rhyming object. The more you play, the more successful they'll be!



EXERCISE THE BODY AND MIND

Like exercise, literacy gets stronger with regular practice. Doing yoga as a family is a terrific way to improve strength, flexibility and balance – and enhance concentration and confidence, key attributes for learning.

Try some of these family-friendly yoga poses for fun and fitness:

Elephant

Bend at the waist, dropping your arms, then clasp the hands like an elephant trunk. Swing your arms and stomp around the room.

Rag doll

Drop forward from the waist with your knees slightly bent, letting the arms and head hang. Breathe slowly and relax your back.

Bridge

Start on your back with knees bent and arms along your side. Lift your hips off the floor high to make a bridge with your body. Bring your arms straight underneath your body and press your

shoulders into the floor to lift your hips a bit higher.

Lift your hips off the floor high to make a bridge with your body. Bring your arms straight underneath your body and press your shoulders into the floor to lift your hips a bit higher.

Tree

Stand on one foot and bring the sole of the other foot to rest on the inside of the thigh or calf. Press palms together in front or over the head. Tip: Find a focal point and keep your eyes on that spot to help with balance.

Happy Baby

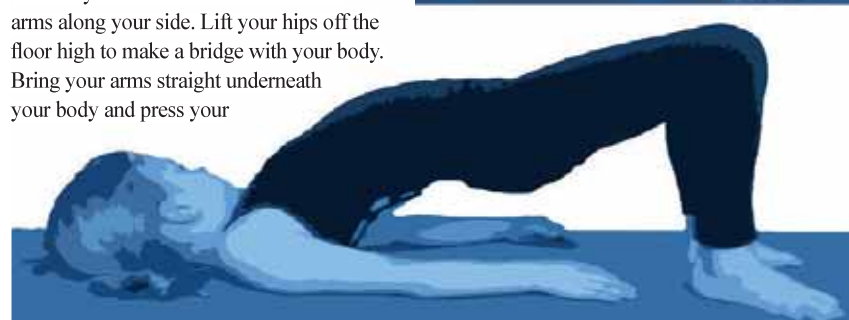
Lie on your back and bring your knees to your chest. Hold a foot in each hand and rest, breathing in and out.



Downward dog

Begin on your hands and knees, with fingers spread. Tuck your toes under and push into your feet, straightening your legs and lifting your hips. Press your nose towards the knees and take deep breaths through your nose.

Visit FamilyLiteracyFun.ca for more fun literacy activities you can share with your children.



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DramaThriller



A Dark Truth

Director. Damian Lee

Stars. Andy Garcia, Forest Whitaker, Eva Longoria

A Dark Truth may have earnest intentions, but this heavy-handed morality play about a CIA agent-turned-radio chat host (?) is mostly dead air. Tempted to rescue an eco-warrior, Jack Begosian (Garcia) heads to Ecuador to investigate a crooked corporation responsible for a typhus outbreak. Unnecessarily tangled and tedious, a talented cast adds lift to a lifeless drama that still winds up drowning in its own limitations.

STEVE GOW

In the mood for something Sinister?

The horror, the horror. Coming to a Cineplex theatre near you — four art-house flicks guaranteed to get your heart racing

CHRIS
ALEXANDER
scene@metronews.ca

There was a time when edgy, new exciting indie horror films would almost always find homes in movie theatres, a model that existed due to more adventurous audiences' hunger for films that didn't play by the traditional Hollywood blockbuster rules. With the advent of home video and the Internet, however, people are less inclined to take that big screen gamble and those wild and wooly weird movies end up going direct to DVD or VOD with little or no fanfare.

But Cineplex's Front Row Centre Events and Raven Banner Distribution aim

to undo that unfortunate shift with their adventurous Sinister Cinema series, a monthly program that places four unique art-house horror films into 25 theatres across Canada, coupled with live talent appearances, skyped-in Q&A's and pre-recorded interviews. This may be your only chance to see these amazing, frightening and in some cases, completely outrageous pictures projected in a multiplex, with a full, appreciative audience, the way horror movies were meant to be seen.

Here's a peek at the quartet of creepers in question:

John Dies at the End (Opens: March 27)

Phantasm mastermind Don Coscarelli's utterly mad meditation on a drug called soy sauce that gives its addicts a euphoric, dimensional travelling high and then promptly turns many of them into monsters. Based on David Wong's equally demented novel, John stars genre star

Clancy Brown and heavy hitter Paul Giamatti and is about as fevered and unclassifiable a film as it gets. And of course, that makes it an instant cult hit.

The Last Will and Testament of Rosalind Leigh (May 9)

Toronto horror hero Rodrigo Gudiño (founder of Canadian genre magazine Rue Morgue) delivers a slow, strange supernatural drama about an antiques collector whose late mother's home is actually a shrine to an angelic cult. The immortal Vanessa Redgrave provides a supporting role.

American Mary (May 30)

From the social networking heroines The Soska Sisters comes this audacious, twisted and blackly comic thriller. In it Ginger Snaps star Katherine Isabelle plays a troubled med student who gets sucked into the perverse world of underground plastic surgery. Tons of lurid fun, not for the squeamish and



The Sinister Cinema series kicks off with John Dies at the End. HANDOUT

filled with kinetic visuals and great, oddball pop music.

No One Lives (June 19)

Director Ryuhei Kitamura (Versus, Midnight Meat Train) delivers a gory and engrossing thriller where good and evil simply do not exist. There's only bad people and well, badder people. When a gang of

thugs discover a crime scene witness in a jacked car, they think she'll be worth a pretty penny. Until they learn that the young woman in question is far from innocent.

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Argo (14A) Mon 12:30 Tue-Wed 9:15
Barbara (PG) Thu 6:50
Django Unchained (18A) Fri 3:30 Mon 8:30
Les Misérables (PG) Fri 9:05 Sat-Sun 1:01
Silver Linings Playbook (14A) Fri 1:01 Sat 6:30 Sun 4:05
Thérèse Desqueyroux (STC) Fri 6:45 Sat 4:05 Sun 6:40 Mon 6:10 Tue-Wed 6:55 Thu 4:30-9:05
Zero Dark Thirty (14A) Sat-Sun 9:05 Mon 1:01

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Bolero de Noche (STC) Thu 7
Crossroads (STC) Wed 6:30
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Dinosaur Passage to Pangaea 3D (STC) Fri-Mon 10:50-1:45-3:30 Fri-Mon 11:25-2:20
No Films Showing Today (STC) Wed
Tornado Alley 3D (STC) Fri-Mon 12-1:10 Tue 11:40-1:20 Fri-Mon 12:35-2:55 Tue 12:40
Unikkausivut: Sharing Our Stories Part 1 (STC) Thu 7

Unikkausivut: Transmettre nos Histoires (STC) Thu 15

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Admission (PG) Fri-Mon 12:15-2:50-5:25-8-10:40 Tue-Wed 5:25-8-10:40 Thu 1:30-5:25-8-10:40
The Call (14A) Fri-Mon 1:05-3:30-5:55-8:20-10:45 Tue 5:55-8:20-10:45 Wed 4:10-8:20 Thu 1:40-5:55-8:20-10:45
The Croods (G) No Passes Fri-Mon 1:40-4:10 No Passes Tue-Thu 4:10 Star & Strollers Screening, No Passes Thu 1
The Croods 3D (G) No Passes Fri-Thu 7-9:30 No Passes Fri-Mon 12:10-2:40-5:10-7:40-10:10 No Passes Tue-Wed 5:10-7:40-10:10 No Passes Thu 2:30-5:10-7:40-10:10
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation (PG) No Passes Fri-Mon 1:55-4:45-7:30-10:15 No Passes Tue-Wed 5-7:45-10:30 No Passes Thu 2:30-5-7:45-10:30
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Mon 12-2:40-5:20-8-10:45 No Passes Tue-Wed 4:30-7:15-10 No Passes Thu 1:50-4:30-7:15-10
The Host (PG) Fri-Mon 1:30-4:30-7:30-10:30 Tue-Wed 4:15-7:10-10 Thu 4:15-7:10-10:20 Star & Strollers Screening Thu 1
Identity Thief (14A) Fri-Thu 5:05-10:30
The Incredible Burt Wonderstone (PG) Fri 12:35-3:05-5:30-8:05-10:35 Sat 5:30-8:05-10:35 Sun-Mon 12:35-3:05-5:30-8:05-10:35 Tue 5:30-8:05-10:35 Wed 5:30-10:35 Thu 2-5:30-8:05
Jack the Giant Slayer (PG) Fri-Mon 1:15-7:50 Tue-Wed 7:50 Thu 2:10-7:50
Olympus Has Fallen (14A) Fri-Mon 1:50-4:40-7:30-10:25 Tue-Wed 4:40-7:30-10:25

Thu 1:45-4:40-7:30-10:25
Oz the Great and Powerful (PG) Fri-Mon 1:20 Thu 1:10
Oz the Great and Powerful 3D (PG) Fri-Thu 4:20-7:15-10:15
Spring Breakers (STC) Fri-Mon 1:20-3:40-6-8:20-10:40 Tue-Thu 6-8:20-10:40
The Ten Commandments (STC) Sat 12:30 Wed 6:30

Empire 7 Cinemas 111 Albert St. 3rd Floor World Exchange Plaza 613-233-0209

Admission (PG) Digital Fri 3:40-6:50-9:20 Digital Sat-Sun 12:50-3:40-6:50-9:20 Digital Mon 3:40-6:50-9:20 Digital Tue 12:50-3:40-6:50-9:20 Digital Wed-Thu 3:40-6:50-9:20
G.I. Joe: Retaliation (PG) Digital, No Passes Fri-Thu 3:20
G.I. Joe: Retaliation 3D (PG) Digital, No Passes Fri 6:10-9 Digital, No Passes Sat-Sun 12:40-6:10-9 Digital, No Passes Mon 6:10-9 Digital, No Passes Tue 12:40-6:10-9 Digital, No Passes Wed-Thu 6:10-9
The Host (PG) Digital Fri 3:30-6:20-9:10 Digital Sat-Sun 12:20-3:30-6:20-9:10 Digital Tue 12:20-3:30-6:20-9:10 Digital Wed-Thu 3:30-6:20-9:10
Olympus Has Fallen (14A) Digital Fri 3:30-6:40-9:20 Digital Sat-Sun 12:30-3:30-6:40-9:20 Digital Tue 12:30-3:30-6:40-9:20 Digital Wed-Thu 3:30-6:40-9:20
Oz the Great and Powerful (PG) Digital Fri 3:20-6:30-9:30 Digital Sat-Sun 12:20-3:20-6:30-9:30 Digital Mon 3:20-6:30-9:30 Digital Tue 12:20-3:20-6:30-9:30 Digital Wed-Thu 3:20-6:30-9:30
Spring Breakers (STC) Digital Fri 4-6:30-9:40 Digital Sat-Sun 1-4-6:30-9:40 Digital

Mon 4-6:30-9:40 Digital Tue 1-4-6:30-9:40 Digital Wed-Thu 4-6:30-9:40
Stoker (14A) Digital Fri 3:50-6:50-9:40 Digital Sat-Sun 1-3:50-6:50-9:40
Digital Mon 3:50-6:50-9:40 Digital Tue 1-3:50-6:50-9:40 Digital Wed-Thu 3:50-6:50-9:40

Mayfair Theatre 1074 Bank St. 613-730-3403

Amour (PG) Fri 6:30 Sat 6 Sun 8:30
Breaker! Breaker! (STC) Fri 11:45
Four Wheeled Furies (STC) Sat 12
The Impossible (PG) Fri 9:15 Sat 8:45 Sun 6
Mandingo (STC) Sat 11:15

Rainbow Cinemas St. Laurent Centre 1200 St. Laurent Blvd. 613-688-0850

A Dark Truth (STC) Fri-Thu 9:25
Django Unchained (18A) Fri-Thu 1:20-7:40
Escape From Planet Earth (PG) Fri-Thu 10:15-12:10-2:25-4:30
Lincoln (PG) Fri-Thu 12:05-7:30
Les Misérables (PG) Fri-Thu 6:30
Quartet (PG) Fri-Thu 10:05-3:10-5:15
Rise of the Guardians (G) Fri-Thu 3:05-5:05
Safe Haven (PG) Fri-Sat 9:55-7-9:20 Sun-Mon 9:20 Tue 9:55-7-9:20 Wed 9:20 Thu 9:55-7-9:20 Open Captioned Sun-Mon 9:55-7 Open Captioned Wed 9:55-7
Warm Bodies (PG) Fri-Wed 10:30-1-7:05-9:15 Thu 10:30-7:05-9:15 Thu 1 Wreck-It Ralph (PG) Fri-Thu 12:15-2:35-4:50
Zero Dark Thirty (14A) Fri-Thu 10:10-4:35

South Keys

2214 Bank St. 613-736-1115

Admission (PG) Fri-Thu 11:30-2:05-4:45-7:10-9:55
The Call (14A) Fri-Thu 12:20-2:45-5:10-7:35-10
The Croods (G) No Passes Fri-Thu 10:30-12:55-3:25-6:15-8:45
The Croods 3D (G) No Passes Fri-Thu 11:25-1:50-4:25-7:05-9:30
Esmeralda Encore Presentation - Bolshoi Ballet (STC) Sun 12:55
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation (PG) No Passes Fri-Thu 10:20-1-3:40-6:30-9:20
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Thu 11:15-1:55-4:35-7:15-10
The Host (PG) Fri-Thu 10:15-1:10-4-6:55-9:50
Identity Thief (14A) Fri 11:10-2-4:40-7:20-9:55 Sat 2-4:40-7:20-9:55 Sun-Tue 11:10-2-4:40-7:20-9:55 Wed 10:45-1:20-4-7:20-9:55 Thu 11:10-2-4:40-7:20
Life of Pi 3D (PG) Fri-Sat 10:25-1:15-4:10-7-9:45 Sun 4:10-7-9:45 Mon-Tue 10:25-1:15-4:10-7-9:45 Wed 10:25-1:15-4:10-9:45 Thu 10:25-1:15-4:10-7-9:45
Olympus Has Fallen (14A) Fri-Thu 10:20-1:05-3:50-6:40-9:40
Oz the Great and Powerful (PG) Fri-Thu 10:15-1:05
Oz the Great and Powerful 3D (PG) Fri-Thu 3:55-6:45-9:35
Silver Linings Playbook (14A) Fri-Thu 10:35-1:25-4:05-6:50-9:45
Spy Kids (PG) Sat 11

Gatineau

Canadian Museum of civilization 100 rue Laurier 819-776-7010

Le dernier récif 3D (STC) Fri 4-8 Sat 10:45-12:55 Sun 12:55 Mon 12:55-8 Tue 12:55-4-6 Wed 4-6 Thu 4
Flight of the Butterflies 3D (STC) Fri 10:45-3 Sat 3 Sun-Thu 10:45-3
L'incroyable voyage des papillons 3D (STC) Fri 12:55 Sat-Mon 4 Wed 12:55
The Last Reef: Cities Beneath the Sea 3D (STC) Fri 11:50-2-5 Sat 11:50-2-5-8 Sun-Mon 11:50-2-5 Tue-Wed 11:50-2-5-7 Thu 2-5-8
Mummies: Secret des Pharaons (STC) Thu 12:55
Space Station (STC) Fri 6 Sat 6-7 Sun-Mon 7 Tue 8 Thu 7
Station spatiale (STC) Fri 7 Sun-Mon 6 Wed 8 Thu 6
To the Arctic 3D (STC) Thu 11:50

Cinéma des Galleries d'Aylmer 400 boul. Wilfrid-Lavigne 819-248-2526

The Croods (STC) Thu 9:10
Les Croods 3D (STC) Fri-Tue 3:10 Wed-Thu 1-3:10
The Croods 3D (STC) Fri-Mon 7-9:10 Tue 1-7-9:10 Wed 7-9:10
G.I. Joe: Retaliation 3D (STC) Fri-Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30
The Host (STC) Fri-Tue 12:50-3:30-6:50-9:30 Wed-Thu 6:50-9:30
Oz the Great and Powerful (STC) Fri-Mon 12:40-3:20-6:40-9:20 Tue 6:40-9:20 Wed 9:20
Le quatuor (G) Tue 1-3:30 Wed-Thu 7

Ciné-starz 1100 boul. Maloney Ouest 819-568-8000

Le bon côté des choses (G) Fri-Thu 8:40
Fuyons la planète Terre (STC) Fri-Thu 12-1:35-3:10-7

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1100 boul. Maloney Ouest
819-568-8000

L'impossible (13+) Fri-Thu 4:45
Mama (13+) Fri-Thu 8-9:45
Les mondes de Ralph (STC) Fri-Thu 12-1:55-3:50-5:15
Les Pee Wee: L'hiver qui a changé ma vie (G) Fri-Thu 1:50-4
Le réveil des gardiens (G) Fri-Thu 12-1:45-3:30-6:10
Surveillance parentale (G) Fri-Thu 12
Un havre de paix (G) Fri-Thu 7:10-9:15
Vol d'identité (STC) Fri-Thu 5:45-7:45-9:45

Gatineau 9
120 boul. de l'Hôpital
819-568-6070

Admission (STC) Fri-Thu 1:15-3:50-7:15-9:45
Assaut sur la Maison Blanche (13+) Fri-Thu 1:10-3:45-7:10-9:45
Astérix et Obélix: Au service de sa Majesté (STC) Fri-Thu 12:30-3:05-6:30
Les Croods 3D (STC) Fri-Thu 12:50-3-6:50-9
G.I. Joe: les représailles 3D (STC) Fri-Thu 1-3:40-7-9:40
Jack le chasseur de géants (G) Fri-Thu 3:35-9:35
L'appel (13+) Fri-Thu 1:05-3:10-7:05-9:10
Majeur et vacciné (13+) Fri-Thu 9:05
Mes héros (G) Fri-Thu 1:20-7:20
Oz le magnifique 3D (STC) Fri-Thu 12:40-3:30-6:40-9:25
Les âmes vagabondes (STC) Fri-Thu 12:45-3:25-6:45-9:30

StarCité Hull
115 boul. du Plateau
819-770-1090

21 and Over (13+) Fri-Sat 11:30-1:40-3:55-6:10-8:25-10:40 Sun 3:45-6:10-8:25-10:40 Mon-Tue 11:30-1:40-3:55-6:10-8:25-10:40 Wed-Thu 7:50-10:05
Admission (STC) Fri-Tue 12:20-2:55-5:30-8:05-10:40 Wed-Thu 7:10-9:45
Assaut sur la Maison Blanche (13+) Fri-Tue 1:45-4:30-7:15-10 Wed-Thu 7:15-10
Ballet in Cinema: Bolshoi Ballet's The Rite of Spring (STC) Sun 9:55
The Call (13+) Fri-Sat 11:40-1:05-3:25-5:45-8:05-10:25 Sun 1:05-3:25-5:45-8:05-10:25 Mon-Tue 11:40-1:05-3:25-5:45-8:05-10:25 Wed 8:05-10:25 Thu 8
The Croods (STC) No Passes Fri-Tue 11:40-2:05-4:30-6:55-9:20 No Passes Wed-Thu 6:55-9:20
Les Croods 3D (STC) No Passes Fri-Tue 11:35-12:10-2:35-5-7:25-9:50 No Passes Wed-Thu 7:25-9:50
Esmeralda Encore Presentation - Bolshoi Ballet (STC) Sun 12:55
Espions en herbe (G) Sat 11
Evil Dead (STC) Thu 10
G.I. Joe: les représailles 3D (STC) No Passes Fri-Tue 11:55-2:30-5:05-7:40-10:15



Gerard Butler stars in Olympus Has Fallen. HANDOUT

No Passes Wed-Thu 7:15-9:50
G.I. Joe: Retaliation (STC) No Passes Fri-Tue 11:30-2-4:35-7:10-9:45 No Passes Wed-Thu 7-9:35
G.I. Joe: Retaliation 3D (STC) No Passes Fri-Tue 12:25-3-5:35-8:10-10:45 No Passes Wed-Thu 7:30-10:05
The Host (STC) Fri-Sat 2-4:50-7:40-10:30 Sun 1-4:50-7:40-10:30 Mon-Tue 2-4:50-7:40-10:30 Wed-Thu 7:40-10:30 Star & Strollers Screening Thu 1:30
The Incredible Burt Wonderstone (G) Fri-Tue 2:40-10:25 Wed-Thu 10:25
Jack the Giant Slayer (G) Fri-Tue 12-5:05-7:45 Wed-Thu 7:45
L'homme qui rit (G) Fri-Tue 11:30-12:30-2:45-5-7:15-9:30 Wed-Thu 7:15-9:30
Olympus Has Fallen (13+) Fri-Tue 11:30-2:10-4:55-7:40-10:25 Wed-Thu 7:40-10:25
Oz le magnifique (STC) Fri-Tue 1:30
Oz le magnifique 3D (STC) Fri-Tue 4:25-7:20-10:15 Wed-Thu 7:20-10:15
Oz the Great and Powerful (STC) Fri-Tue 2
Oz the Great and Powerful 3D (STC) Fri-Tue 4:55-7:50-10:45 Wed-Thu 7:05-10
Spring Breakers (16+) Fri 11:30-1:20-3:40-

6-8:20-10:40 Sat 1:20-3:40-6-8:20-10:40 Sun-Tue 11:30-1:20-3:40-6-8:20-10:40 Wed-Thu 7:35-9:55
Spy Kids (G) Sat 11

Barrhaven

Barrhaven Cinemas
131 Riocan Dr., 613-825-2463

The Call (14A) Fri-Mon 12:35-3-5:25-7:50-10:05 Tue-Thu 5:20-7:40 Star & Strollers Screening Thu 1
The Croods 3D (G) No Passes Fri-Mon 12:10-2:40-5:10-7:40-10:10 No Passes Tue-Thu 4:45-7:20
G.I. Joe: Retaliation (PG) No Passes Fri-Mon 11:30-2:10-4:50-7:30-10:15 No Passes Tue-Thu 4:50-7:30
G.I. Joe: Retaliation 3D (PG) No Passes Fri-Mon 12-2:40-5:20-8-10:40 No Passes Tue-Thu 5:30-8
The Host (PG) Fri-Mon 1-4-7-10 Tue-Thu 4:55-7:55 Star & Strollers Screening Thu 1
Olympus Has Fallen (14A) Fri-Mon 1:20-4:10-7-9:55 Tue-Thu 5-7:50
Oz the Great and Powerful 3D (PG)

Fri-Mon 11:50-3:05-6:25-9:30 Tue-Thu 4:30-7:35
Spy Kids (PG) Sat 11

Gloucester

SilverCity
2385 City Park Dr.,
613-688-8800

Admission (PG) Fri-Mon 12:20-2:55-5:30-8:05-10:40 Tue-Thu 2:55-5:30-8:05-10:40 Astérix et Obélix: Au service de sa Majesté 3D (PG) Thu 1-7
The Call (14A) Fri-Mon 12:25-2:50-5:25-7:50-10:20 Tue 2:50-5:25-7:50-10:20 Wed 1:30-3:55-10:20 Thu 2:50-5:25-7:50-10:20
The Croods (G) No Passes Fri 1:40-4:10-7-9:30 No Passes Sat 11:10-1:40-4:10-7-9:30
The Croods 3D (G) No Passes Fri-Mon 12:30-3:15-5:45-8:20-10:45 No Passes Tue-Thu 3:15-5:45-8:20-10:45
Esmeralda Encore Presentation - Bolshoi Ballet (STC) Sun 12:55
Evil Dead (18A) Thu 10
G.I. Joe: Retaliation — An IMAX 3D

Experience (PG) No Passes Fri-Mon 12-2:40-5:20-8-10:45 No Passes Tue-Thu 2:40-5:20-8-10:45
G.I. Joe: Retaliation 3D (PG) No Passes Fri 1:55-4:35-7:30-10:10 No Passes Sat 11:15-1:55-4:35-7:30-10:10 No Passes Sun-Thu 1:55-4:35-7:30-10:10
The Host (PG) Fri 1:05-4:25-7:25-10:25 Sat 11:25-1:05-4:25-7:25-10:25 Sun-Tue 1:05-4:25-7:25-10:25 Wed 4:25-7:25-10:25 Thu 1:05-4:25-7:25-10:25 Star & Strollers Screening Wed 1
Identity Thief (14A) Fri 1:20-4:15-7:10-9:50 Sat 5:05-7:40-10:20 Sun-Wed 1:20-4:15-7:10-9:50 Thu 1:20-4:15-7:10
The Incredible Burt Wonderstone (PG) Fri-Tue 4:05-10 Wed-Thu 4:05
Jack the Giant Slayer 3D (PG) Fri-Tue 1:25-4:20-7:15-10 Wed 1:25-4:20-10 Thu 1:25-4:20-7:15-10
Jurassic Park 3D (STC) No Passes Thu 10
Life of Pi 3D (PG) Fri-Sat 1:10-7:10 Sun 7:10 Mon-Wed 1:10-7:10 Thu 1:10
Olympus Has Fallen (14A) Fri 12:50-1:50-3:40-4:40-6:55-7:35-9:55-10:30 Sat 11:05-12:50-1:50-3:40-4:40-6:55-7:35-9:55-10:30 Sun-Mon 12:50-1:50-

3:40-4:40-6:55-7:35-9:55-10:30 Tue 1-1:50-3:40-4:40-6:55-7:35-9:55-10:30 Wed 1:50-3:40-4:40-6:55-7:35-9:55-10:30 Thu 1-1:50-3:40-4:40-6:55-7:35-9:55-10:30
Star & Strollers Screening Wed 1
Oz the Great and Powerful (PG) Fri-Mon 12:55 Tue-Thu 1:05
Oz the Great and Powerful 3D (PG) Fri-Thu 4-7:05-10:05
Silver Linings Playbook (14A) Fri-Wed 1:35-4:30-7:20-10:10 Thu 4:30-7:20-10:10
Spring Breakers (STC) Fri 1:15-3:35-5:55-8:15-10:35 Sat 10:55-1:15-3:35-5:55-8:15-10:35 Sun-Thu 1:15-3:35-5:55-8:15-10:35
Spy Kids (PG) Sat 11
The Ten Commandments (STC) Sat 12:30 Wed 6:30
Tyler Perry's Temptation: Confessions of a Marriage Counselor (STC) Fri-Thu 2:20-5-7:40-10:20

Orleans

Empire Theatres Orleans
6 Cinemas
3752 Innes Rd., 613-830-4400

Admission (PG) Dolby Stereo Digital Fri-Tue 12-3-6-8-50 Dolby Stereo Digital Wed-Thu 6-8:50 Tue 1
The Call (14A) Dolby Stereo Digital Fri-Tue 1:10-4:30-7:20-10 Dolby Stereo Digital Wed 7:20-10 Dolby Stereo Digital Thu 7:20-10:10
Les Croods (G) Dolby Stereo Digital Fri-Tue 11:45-2:45-6:45 Dolby Stereo Digital Wed-Thu 6:45
The Croods (G) Dolby Stereo Digital Fri-Tue 12:15-9 Dolby Stereo Digital Wed 9
The Croods 3D (G) Dolby Stereo Digital Fri-Tue 3:15-6:10 Dolby Stereo Digital Wed-Thu 6:10
Evil Dead (18A) Dolby Stereo Digital Thu 10
G.I. Joe: Retaliation (PG) Dolby Stereo Digital Fri-Tue 1-3:50-6:40-9:15 Dolby Stereo Digital Wed-Thu 6:40-9:15
G.I. Joe: Retaliation 3D (PG) Dolby Stereo Digital Fri-Tue 1:30-4:20-7:10-9:50 Dolby Stereo Digital Wed-Thu 7:10-9:50
The Host (PG) Dolby Stereo Digital Fri-Tue 12:30-3:30-6:20-9:30 Dolby Stereo Digital Wed-Thu 6:20-9:30
Identity Thief (14A) Dolby Stereo Digital Fri-Mon 1:15-4:10-7-9:45 Dolby Stereo Digital Tue 4:10-7-9:45 Dolby Stereo Digital Wed-Thu 7-9:45
The Incredible Burt Wonderstone (PG) Dolby Stereo Digital Fri-Wed 9:10
Jurassic Park 3D (STC) Dolby Stereo Digital Thu 10
Olympus Has Fallen (14A) Dolby Stereo Digital Fri-Tue 12:45-3:45-6:50-9:40
Dolby Stereo Digital Wed-Thu 6:50-9:40
Oz the Great and Powerful (PG) Dolby Stereo Digital Fri-Tue 11:30-9:20 Dolby Stereo Digital Wed-Thu 9:20
Oz the Great and Powerful 3D (PG) Dolby Stereo Digital Fri-Tue 2:30-6:30 Dolby Stereo Digital Wed-Thu 6:30



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Timberlake. Album promotion had 20/20 vision on how to succeed

Justin Timberlake's comeback album has sold nearly one million units its first week out.

Nielsen SoundScan announced Tuesday that the singer's third album, *The 20/20 Experience*, has moved 968,000 units. It's the 19th album in Nielsen's 22-year history that has sold more than 900,000 albums in its debut week.

20/20 is Timberlake's third album and the follow-up to his multiplatinum, Grammy-winning 2006 album, *FutureSex/LoveSounds*. The new CD features the pop hit *Suit & Tie*.

"The numbers are pleasantly surprising," said Tom Corson, the president and chief operating officer of RCA Records, which released Timberlake's album.

The label had projected that *20/20* would sell 500,000 to 600,000 units, Corson said. Timberlake, 31, was strategic about promoting his comeback effort. He performed at the Grammy Awards, hosted and hit the stage at Saturday Night Live and spent an entire week



Justin Timberlake is swimming in success. HANDOUT/THE ASSOCIATED PRESS

on *Late Night with Jimmy Fallon*. The singer also partnered with Target for the album's deluxe edition and *20/20* streamed on iTunes a week before it was released.

Timberlake came up with the idea of a weeklong stint himself, Fallon said.

"I think he mentioned it to me like a year ago that he's working on something and wanted to do a week on our show," Fallon said Tuesday.

Corson believes Timberlake's key to promoting the album was "less is more."

THE ASSOCIATED PRESS

Dido promises new album won't be one who got away

Life gets in the way. Singer's fourth album took more than a few years to get made but now that it's here she's hoping it's a success

reached out to her brother, producer Rollo Armstrong, to finally put the finishing touches on her fourth album, *Girl Who Got Away*, released Tuesday.

The album has some electronica and dubstep influence. What were you feeling and listening to as you edged in that direction?

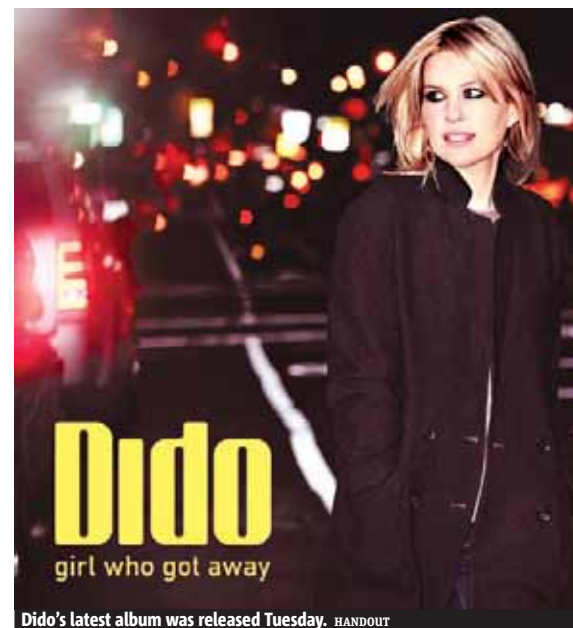
All the music you listen to in your life is all in like this big melting pot in your head and you can't help it. All the things you love just come out — whether it's dance music, hip-hop, folk. And I just love so many different types of music. ...

It's similar to *No Angel* in that way in it's sort of unashamedly doing what I want.

But the thing that's holding it together is the songs and the same voice.

The album title seems to evoke a desire to escape and be away from the spotlight. Is that right?

It's a slightly almost joking comment on me, I guess. Everyone else spotted that aspect of the title. ... They're like, "Well, it's sort of perfect because you do keep disappearing." And it's like, "Really? Sorry!" I've never felt a need to sort of keep being in the public eye. I don't have that burning need to make music. I can't stop doing that and I



Dido's latest album was released Tuesday. HANDOUT

don't want to stop doing that. Music is my thing and it's the way I see the world. And I love writing songs and I will always keep doing that.

Your husband wrote and is set to release a book that focuses on a father-son relationship. Has being a mother changed you creatively?

Obviously when you first have a kid, you're so focused on them and your brain slightly disintegrates. I don't know if anyone else has

that, but it's just like, "Wow, where did my brain go?" Then it sort of comes back. ... Now I really see the world through his eyes and it gives this real freshness to everything. It's like if you thought you were going to run out of things to ever write about, you have a kid, then you're never going to run out because suddenly everything is sort of limitless again and fresh and new and it's like this amazing new start.

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Ford playing coy on Star Wars sequels

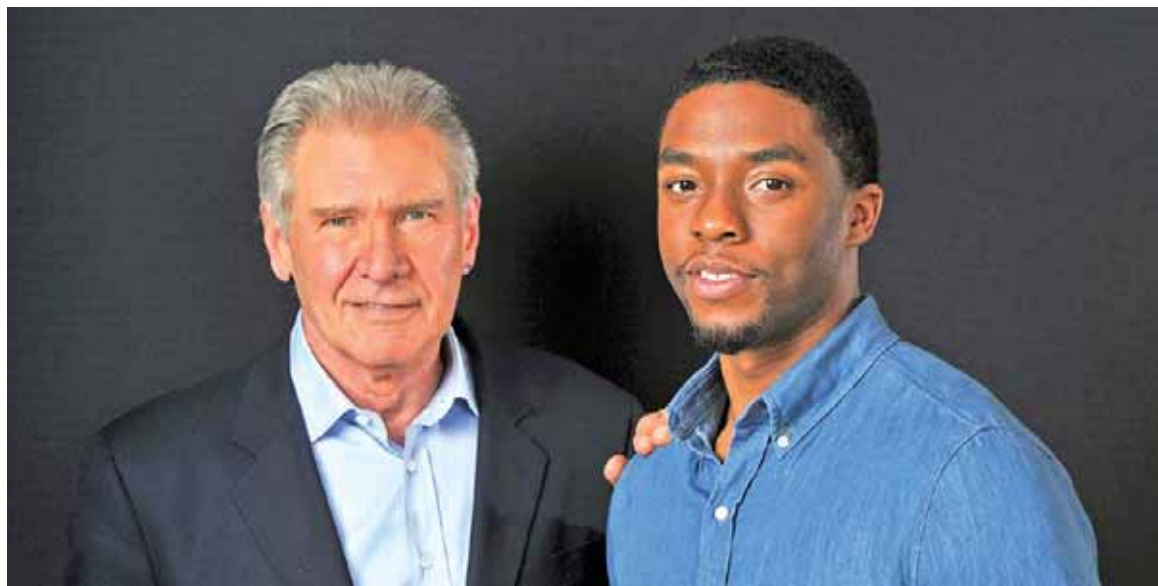
Han Solo. The scruffy nerf herder declines to discuss what role — if any — he may have in the new J.J. Abrams movies

Harrison Ford isn't ready — "yet" — to talk about his reported part in Disney's planned Star Wars sequel, but he praises its director, J.J. Abrams.

"I think he's fantastic," Ford said in a recent interview. "I did his first movie, *Regarding Henry*, with Mike Nichols. A wonderful talent. Extraordinary guy."

The 70-year-old actor — who came to fame playing Han Solo in the Star Wars trilogy — is shrugging off questions about that character while promoting his role as Brooklyn Dodgers president Branch Rickey in the upcoming Jackie Robinson film 42.

Asked how he feels generally that the Star



Harrison Ford, left, who came to fame playing Han Solo in the Star Wars sci-fi trilogy, is shrugging off questions about that character while promoting his new film 42. CHRIS PIZZELLO/THE ASSOCIATED PRESS

Wars sequel and Disney spin-offs are in the works, Ford responded: "I don't feel anything at the moment yet."

In an article published earlier this month, Star Wars creator George Lucas told Bloomberg Businessweek

that Ford, Mark Hamill and Carrie Fisher had been in negotiations to return to the franchise even before Luca-

sfilm was sold to Disney last fall.

Was Ford surprised by that announcement?

Quoted

"I think he's fantastic. I did his first movie, *Regarding Henry*, with Mike Nichols. A wonderful talent. Extraordinary guy."

Harrison Ford
Talking about working with J.J. Abrams on previous films.

He makes the universal zipping-my-lips sign.

Asked what it will take to get him to commit to play Han Solo again, Ford said, "Um, I don't even want to discuss that. It's great. Ain't it great?"

It's been over two decades since Abrams wrote the *Regarding Henry* screenplay. Have the two chatted recently?

"About what?" Ford asked, smirking and taking a slow sip from a cup.

THE ASSOCIATED PRESS

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Hannibal keeps a sense of style to their murders

New series. Director David Slade stays on to help create a mood on the new series based on famous character

CHRIS
ALEXANDER
Metro World News

The new series *Hannibal* is the brainchild of *Heroes* writer Bryan Fuller, who brings his manic energy and dedicated vision to the show and has, for his director, a man who is no stranger to horror: David Slade, helmer of the stylized vampire classic *30 Days of Night*. He was brought on to direct the pilot but stayed on to ensure the style of *Hannibal* remained consistent in tone ... and in darkness.

"The usual process with a director on a pilot is that the producers hire him, he does the job, they kick him out, they get a royalty," Slade told us.

"But here I stayed on. They brought me in, embraced my

The art of the kill

"Now they want creative ways in which people are murdered. There's a creative flair here."

Laurence Fishburne
Who plays the head of the FBI's behavioral science unit in *Hannibal*.

ideas and we created a look and a sound and they kept me here to maintain it. It's a family and I'm totally dedicated to this show."

The *Hannibal* crew may be a family, but it is decidedly not a family show. Rather, it pushes the boundaries on just how much blood and horror can be allowed on American network television. Bullets tear flesh, blades open wounds, violently dispatched bodies in all manner of decay litter morgues and in the second episode, men and women are buried alive, their flesh then used to grow edible fungus. It's a nasty piece of work indeed. Laurence Fishburne, who stars in *Hannibal*, is no stranger

to on-screen television gore, having served time in the hit series *CSI*, but he insists the murders here are even more devious.

"The funny thing about *CSI* was that they were always trying to find interesting, weird, unexpected ways in which people had died," he says, "and in this show, they have a little more license. Now they want creative ways in which people are murdered. There's a creative flair here. In *CSI* it was all accidents and murderers but this is serial killers, every week, people with dramatic bravado."

With the success of such programs as AMC's *The Walking Dead*, HBO's *True Blood* and Showtime's *Dexter* kicking down the gates for what sort of visceral violence can be shown in prime time television, the ample gruesomeness in *Hannibal* might cause some alarm in more sensitive viewers and will no doubt court some controversy. But Fishburne is adamant that the violence is a necessary evil to add gravitas to the program's intensity.



Director David Slade arrives at the premiere of *30 Days of Night*. He is now helming the *Hannibal* series. CHRIS CARLSON/THE ASSOCIATED PRESS

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



Easter on the farm

Petting encouraged! Spring has sprung and newly-hatched chicks, baby sheep and fluffy bunnies are eager to meet your little ones this weekend at the Canada Agriculture Museum. The Easter Egg Hunt for Tots will challenge children to find paper eggs in the barn to be redeemed for a sweet treat. Friday to April 1. agriculture.technomuses.ca.



Sigur Ros

For those seeking a more ethereal long weekend experience, Iceland's famed post-rock experimental band Sigur Ros will take you on an incredible sonic journey. The Grammy-award winning group visits Scotiabank Place as part of their world tour in support of Valtari, an album that has also been turned into a widely acclaimed film experiment. Friday. sigur-ros.co.uk.



Danger, Danger, High Voltage!

Garage-punk disco-rockers Electric Six descend on Mavericks this Saturday. With over seven million YouTube views for their song Danger High Voltage, chances are you've busted a move to this infectious dance-floor smash. Prepare to call out Fire in the disco as the Detroit-based band induces limbs into hip-shaking madness. The Goodluck Assembly open. Friday. electricsix.com.



Stargazing

If you've been mesmerized by the globe photos astronaut Chris Hadfield has been sharing, gain a little perspective this Saturday night at the museum of Science and Technology's Helen Sawyer Hogg Observatory. Have an expert to guide you through the heavenly astronomy, but be sure to dress warm. Free. Saturday. sciencetech.technomuses.ca.



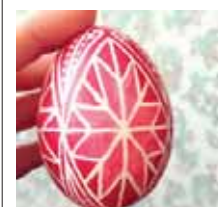
Long weekend at the Mod Night

Boogie on down to soul, funk and rock 'n' roll at Babylon nightclub this Sunday night. Get hopped up on sugary jellybeans at the weekly institution as DJ Gaz and Emmett spin beats late into the long weekend night. With or without bunny ears, it's sure to fill up fast. Sunday. babylonclub.ca.



MIX OF SIX

Samantha Everts
ottawa@metronews.ca



Easter eggstravaganza

Bring the whole family for an Easter-egg extravaganza at the Children's Museum (located in the Museum of Civilization). Go hunting for the 12 Golden Eggs or decorate a traditional pysanka in a workshop. You can even egg-spress yourself artistically by decorating four giant eggs. Friday to Sunday. civilization.ca.

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Music videos from the fringe that are too hot for television



SOUND CHECK
Alan Cross
scene@metronews.ca

The cool thing about the Internet is that bands get to make videos that would have a hard time making it on TV.



Bad MF/Biting Elbows

When I posted this video from this unknown band on my website, traffic exploded. You've never, ever seen anything like this before. (Violence and coarse language! Definitely NSFW.)



Bohemian Rhapsody/Puscifer

Weirdly cool—and more than just a little disturbing. In the absence of a new Tool album, I guess Maynard James Keenan needs to do something, although I'm not sure what Freddie Mercury would think.



Diane Young/Vampire Weekend

Wherein the band greatly annoys Saab fans by torching some perfectly good cars.

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Hayden Panettiere. ALL PHOTOS GETTY IMAGES

Hayden Panettiere engaged to Klitschko?

Hayden Panettiere has secretly gotten engaged to her Ukrainian boxer beau, Wladimir Klitschko, according to Us Weekly.

"Very few people know, and she isn't wearing her ring publicly yet," a source says. "Looks like a summer

wedding."

Panettiere and Klitschko split up in 2011 after two years of dating, and they have not officially confirmed they are back together, despite several public displays of affections over the past few months.

Sean Penn's son gets into fight with photographer

Sean Penn's 18-year-old son, Hopper, is proving to be just as much of a fan of the paparazzi as his dad, reportedly getting physical with a photographer outside a Beverly Hills building, according to TMZ.

The photographer claims he and Hopper argued before the young man shoved him. But while the photographer reportedly showed police footage of the



Sean Penn.

incident when they arrived on the scene, he declined to press charges.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Jon Hamm wants you to stop talking about his package

THE WORD
Meredith Engel
scene@metronews.ca

Jon Hamm is growing tired of the attention his private parts have been receiving.

"Most of it's tongue-in-cheek, but it is a little rude," he tells Rolling Stone

of the photos spread online of his crotch. "They're called 'privates' for a reason. I'm wearing pants. Lay off."

Of course, the Mad Men star doesn't want to come off as a complainer.

"I mean ... There are harder jobs in the world," he says. "But when people feel the freedom to create Tumblr accounts... I feel like that wasn't part of the deal. But whatever. I guess it's better than being called out for the opposite."

Exactly. Better than the alternative, Hamm. We could be talking about your Hammapillar.



Justin Bieber

Did Bieber lay a beat down?

Justin Bieber is facing battery accusations made by a neighbour who claims the singer made threats during an argument near his Los Angeles-area home, according to E! News. No further details of Bieber's supposed behaviour were made available.

While no arrests were

made or injuries reported, the L.A. Sheriff's Department is investigating the accusation.

"Everyone that we will need to talk to, we will talk to," a spokesman says. Bieber was stopping home in California this week between stops on his European tour.

Twitter



@SteveMartinToGo

I hope to go down in history with this historic Tweet. Yes, the one you are reading right now. It's got it all.



@kirstiealley

my timeline is broken... ouch



@lenadunham

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Spring into a male makeover

Fashion. The change in the seasons brings a combination of classic staples and new trends, including suede, splashes of colour and blue suits

Men will soon be packing away the parkas and shelving heavy sweaters to make way for spring styles — and they'd be wise to leave plenty of closet space.

"I find menswear right now the best it's ever been. It's just more exciting, fun, colourful," says Melissa Austria, founder of Toronto menswear boutique Got-style.

While menswear doesn't change as rapidly as womenswear, it remains rooted in the classic staples — albeit with a twist, notes Shannon Stewart, assistant general merchandise manager for Harry Rosen.

"The polo is a great example. It's been around for decades and we keep reinventing it really through colour and through silhouette," Stewart says.

Whether you're a fashion-forward fella or a style neophyte, Austria and Stewart have some tips on ways men can spring



The wealth of fashion choices for men this spring will blow your mind—and your closet. iStock

forward with their seasonal wardrobe.

1. Rainbow brights. It's not just flashes of colour in neckties, pocket squares, socks and collared shirts: a rainbow full of saturated shades are brightening up all facets of menswear.

"The overriding theme for the season is the sheer amount of colour," says Stewart. "Even from a psychological point of view, it just has an impact on a person. It instantly lifts their mood

— and it can instantly lift a wardrobe."

Austria says the colours span the spectrum from reds to brighter greens to blues, oranges and yellows.

"It's a more toned-down silhouette. So, it's going to be a toned-down (coloured) chino that you're going to wear with a crisp white shirt. It's going to be a polo shirt that you're going to wear with dark jeans," she says. "It doesn't have to be that intimidating for guys."

Colourful patterns are also in the mix for spring, with smaller-scale hounds-tooth print, finer stripes and smaller grid checks in shirting, notes Austria.

While some men may have no qualms about donning pants in a bold hue or pairing a variety of shades within one look, both Austria and Stewart say more style-shy guys should start by opting for one core coloured piece.

Unsure of which shade to select? Stewart recommends blue, which she says is a "go-to colour" for many men.

"If they stay in that colour family of blues but maybe go a little bit lighter or a little bit more punchier with the blue, it's a simple way of just taking the blue up a notch from the usual navy or denim blue."

2. Tie one on. Bow ties are broadening beyond tuxedos and geek chic as a sleek alternative to neckties awash

Not just for Pee-wee

"We've seen a return to men wearing bow ties ... It's definitely a modern look, and you have to be a little more confident."

Harry Rosen merchandise manager
Shannon Stewart

in vibrant hues, graphic patterns and even available in reversible varieties.

"Even if a man isn't planning on buying a new suit for the season, through dress shirts and ties ... or bow ties, you can easily freshen up a suit that you may have purchased within the last couple of years," says Stewart.

"We've seen a return to men wearing bow ties which is kind of fun. It's definitely a modern look, you have to be a little bit more confident in it, but it's just a great way to inject a little bit of life into the wardrobe."

Austria says the use of colourful, lighter-weight summer scarves — which has made a splash on the other side of the Atlantic — is poised to make waves closer to home.

"If you go to Europe, they've been showing them for 10, 15 years; and now we're slowly starting to see the guys embrace that in North America," she says.

3. Smart suiting. Austria says formal wear for men is true blue heading into spring after being "grey-driven" for some time. Austria says the new blue is a lighter hue and distinct from the midnight navy and darker shades of the classic colour.

"You can tell that it's blue and it's really fresh," she says. "I just find it more vibrant."

THE CANADIAN PRESS

Fun with footwear

Stewart says its all about suede and colours that pop.

- "It's still breathable, it's a natural material and it adds just a little texture," she says.
- Try a coloured lace or coloured sole for subtler effects.



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SPECIAL INFORMATION FEATURE

Fun, comfortable environment for women to learn about beer

Barley's Angels. A ladies only organization to advance craft beer enthusiasm



JEFF O'REILLY
For Metro

The beer world has been pretty much the domain of men for centuries now. From brewing to consuming the world of beer has pretty much been the old boys club.

Clever marketing directs women to wine and colourful martinis ("Another Cosmo, Miranda?") as their libation of choice and big brewery advertising is still heavily slanted towards men, filled with sports, sex, bro-mance and mindless shenanigans, yet the times they are a changing.

Women are becoming more interested in beer and are looking to broaden their horizons. Not only do women typically have more highly developed taste buds than most men they are often far better at describing and relat-

ing to the flavours they are experiencing, so it's no surprise that more women are curious to discover and go beyond the pale fizzy blond brews that their dad's used to drink.

But where can you turn if you're a woman who is looking to learn more about beer and gain a little confidence without the bravado of beer snobbery? Sometimes you just want to enjoy some good beer and good conversation.

Local and very active beer loving gals Katy Watts and Tracey Braun would end up going to dozens of beer related events in the area, and in an endless sea of testosterone they would end up seeing the same handful of ladies at these events.

Through social media tools like Twitter and Facebook they would end up following each other and keeping in touch with plans to get together at these functions, but in experiencing a Q&A session with one brewer all the focus seemed to be on answering the boys and ignoring the girls, and they knew they needed to do more.

That is when Braun remembered reading about Barley's Angels and thought

it was time Ottawa had its own chapter. Watts agreed, and together they co-founded the group. Barley's Angels is an international organization who work with craft beer breweries, pubs, bars and the like to advance female craft beer enthusiasm and interest in a comfortable "ladies only" environment.

But don't think this is recruiting ground for the Canadian Women's Beer Olympics Chug-a-lug Team as respectful appreciation and education is their goal - and one shared by Braun and Watts.

Watts explains, "Beer is male dominated and there aren't a lot of females involved, and at times it can be intimidating. We want to give women the opportunity to discover beer and their own preferences, and maybe some new favourites. A lot of women have limited knowledge and only seem to know the light lagers, but there are so many different styles of beers to explore. And getting a bunch of girls out for beer is just fun."

Barley's Angels Ottawa will be holding their first meeting and information session "Meet and Greet



Sophie, Katy, Tracey and Meg enjoy some fine local craft beers while discussing some of the super cool up coming events for Barley's Angels Ottawa. JEFF O'REILLY/FOR METRO

Pot Luck" with a "Beer and Board Games" theme at the Kichesippi Brewery (866 Campbell Avenue in Ottawa) Tuesday April 2 at 6:30 p.m. Admission is free, proof of Age of Majority required. Visit barleysangelsottawa.ca

And speaking of Kichesippi, they've decided to extend their Wuchak line of beers to explore the possibilities that exist with the India Pale Ale style.

Sophomore brew Wuchak Black - a Black IPA (Cascadian Dark Ale) was garnered a lot of attention. So when Kichesippi's Brew Master Don Harms, was visiting suppliers in Germany last November a hop farmer unexpectedly

poured him a farm brewed version of an IPA.

Given the country's brewing legacy and signature styles of beer an IPA was completely unexpected?

Harms was inspired. Why not create a German IPA using the relatively new (four years old) cultivar of Polaris hops found in other K-Beers and let it stand on its own as a single hop brew?

German Brewer + German Hops + German Malts + German Yeast = German IPA. Makes sense to me.

Kichesippi Wuchak Polaris (5.8% ABV 68 IBUs available on tap in select locations or at the brewery for a very limited time) pours a bright apricot

orange with two fingers of rocky snow white foam cap that holds well. Pungent aromas of foresty pine, spice and citrus welcome juicy lemon, peppery spice, earthy and woody notes with doughy malts with prominent oily and resinous pine hop bitterness. Moderately carbonated, medium bodied and definitely full flavoured with a lingering but pleasant aftertaste.

Hopheads rejoice as two more extensions of the globally inspired Wuchak line are planned for 2013 with Wuchak West coming in June in time for Ontario Craft Beer Week and Wuchak UK in September.





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SPECIAL INFORMATION FEATURE

Wine ideas for Easter and April Fool's Day



SEASONAL SIPS
Allyson Bycraft
For Metro

Easter, March 31: With a nod towards the new Pope on this religious holiday, **Mil Vientos Torrontes 2011 (LCBO #307504, \$15.95)** hails from Argentina. Torrontes is the signature



white grape of that country, and despite this example coming from the hot region of San Juan, north of the cooler, and more common, Mendoza appellation, the wine still manages to remain floral, fruity and crisp—perfect for heralding the rebirth and renewal of Easter and springtime. Available Saturday at Vintages.

April Fool's Day, April 1: **Mitolo Jester Cabernet Sauvignon 2010 (LCBO #43224, \$21.95)** is everything you'd expect from an Aussie Cab, especially from the McLaren Vale region. Soft and full, with loads of fruit and a solid structure. Extra oomph in this wine comes from 20% dried grapes (in the Amarone style), which contributed to this reasonably-priced wine getting 90 points from Wine Spectator—that's no joke! Available Saturday at Vintages.



vignon 2010 (LCBO #43224, \$21.95) is everything you'd expect from an Aussie Cab, especially from the McLaren Vale region. Soft and full, with loads of fruit and a solid structure. Extra oomph in this wine comes from 20% dried grapes (in the Amarone style), which contributed to this reasonably-priced wine getting 90 points from Wine Spectator—that's no joke! Available Saturday at Vintages.

Herbs make a difference

Many restaurant menus highlight fresh herbs that are harvested on-site for their culinary creations.

Chefs, depending on the space available to them, plant herb containers on restaurant patios or create herb gardens on building roofs. Fresh, fresh, fresh is the mantra for good tasting, healthy food.

Seasoned and novice gardeners alike are now plant-

ing more herbs in containers and gardens for home cooking and summer barbecuing. They have discovered what chefs already know - that fresh is tastier, more vitamin rich and healthy.

Herbs are a personal choice. The plants most often chosen are: curled parsley - a garnish on many dishes and high in iron; lemon mint - for ice cream and herbal teas; basil - a

key ingredient in pesto and typically used in Italian and Southeast-Asian dishes; and Greek oregano - for Mediterranean dishes with red meat, roasted poultry, vegetables, marinades and vinaigrettes.

Other popular herbs include: cilantro - used in sauces, salsa and marinades; onion chives - for flavouring in fish, potato and soup dishes; and thyme for cheeses, sauces, stews and stuffings.

There are a large number of herbs in biodegradable pots to choose from depending on your culinary tastes. More suggestions are available online at www.bonnieplants.ca to help you decide what herbs to plant, how to care for them and what foods they enhance.

NEWSCANADA

Easter Treats

SAMANTHA EVERTS
For Metro

Ottawa's most rock and roll all vegan bakery is helping the Easter Bunny. Since late 2009 Mandi Lunan, chef and owner of Auntie Loo's Bakery, has been making the most crave-worthy sweets the city has to offer. Their creative decorating team that can turn any cake or cake-pop into a custom holiday masterpiece will keep you hopping along, especially if you have a restricted diet.

The return of the carrot cake and cream "cheese" cupcake is highly anticipated though be sure to try the green tea vanilla spice. The delicious whoopee pies are two large and chewy chocolate cookies with vegan marshmallow sandwiched between them.

What sort of products are you offering for Easter?

Lunan: Cupcakes, whoopee pies, scones, pies, cake, Nanaimo bars, peanut butter bars. [We have] lots of gluten-free options.

What would suggest go into the Easter basket or for both adults and children?

Lunan: For children it's all about mini treats. You still want your children to have goodies to experience the excitement of the season [but can limit sugar intake]. For adults I'd recommend anything that's chocolate. We do

a gluten-free brownie that is soft and chewy and outsells our wheat-based brownie consistently.

What makes them taste different?

Lunan: At Auntie Loo's all of our goodies are handmade by real folks with care in our small batch, from scratch kitchen.

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Marble Mocha Cheesecake



This recipe serves 12. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Easter sweets get a grown-up flavour



ROSE REISMAN
for more, visit
rosereisman.com

Coffee and chocolate go so well with this creamy cheese batter.

You can double this recipe: Bake it in a 10-inch pan and add another 10 minutes to the baking time, baking until the center is still loose.

Ingredients

- 1 1/2 cups chocolate wafer crumbs
- 2 tbsp water
- 2 tbsp sugar
- 1 tbsp vegetable oil
- 1 2/3 cups smooth light ricotta
- 1/3 cup softened light cream cheese
- 3/4 cup granulated sugar
- 1 egg
- 1/3 cup light sour cream or 2% yogurt
- 1 1/2 tbsp all-purpose flour
- 1 tsp pure vanilla extract
- 2 tsp instant coffee granules
- 2 tsp hot water
- 3 tbsp semi-soft chocolate chips
- 1 tsp vegetable oil

1. Spray an 8-inch springform pan with cooking oil. Preheat the oven to 350 F.

2. For the crust, combine the crumbs, sugar, water and oil. Mix thoroughly. Press into the bottom and up the sides of the prepared springform pan.

3. For the filling, beat the ricotta, cream cheese, sugar, egg, sour cream, flour and vanilla in a large bowl or food

processor until well blended. Dissolve the coffee granules in the hot water. Add to the batter and mix until incorporated. Pour the batter over the crust and smooth the top.

4. Place the chocolate chips and oil in a small bowl and microwave on medium high for 30 seconds or just until soft. Drizzle the melted chocolate over the top of the batter. Draw a knife or spatula through the batter several times to create a marbled effect.

5. Bake for 35 to 40 minutes. The centre will be slightly loose when you jiggle the cake.

6. Cool on a rack. Refrigerate for at least 2 hours before removing the sides of the pan and serving.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

For your phone

Dash Eggs! (iPad; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

Let the Easter Bunny stay for breakfast. Dash magazine's interactive egg recipes include pizza omelets, scrambled slider burgers, sweet whoopee pies, snappy salads, and puppet spoon crafts for the kids.



Springtime pound cake

How do you make pound cake even more buttery and delicious? Easy! Pan-sear slices of it with butter and sugar.

If you know how to make a grilled cheese, you can make this dessert, which is a perfect ending to an Easter — or any springtime — dinner.

Pan-seared pound cake is decadent and rich, so we've paired it with a fresh, minty fruit salad for balance.

1. In bowl, combine 1 tablespoon of the sugar with orange, blueberries, raspberries, strawberries, lemon juice and mint. Stir gently, then set aside.

2. Spread both sides of each slice of the pound cake with a bit of the butter, lightly coating the surface. Use the remaining tablespoon of sugar to sprinkle over both sides of each slice.

3. Heat a large nonstick skil-

Ingredients

- 2 tbsp sugar, divided
- 3 navel oranges, peeled and segmented
- 1 cup blueberries
- 1 cup raspberries
- 1 cup quartered strawberries
- 1 tbsp lemon juice
- 1 tbsp chopped fresh mint
- 8 thick slices purchased or homemade pound cake
- 2 tbsp unsalted butter, softened

let over medium. Working in batches, toast the cake slices for 3 to 4 minutes per side, or until

golden and caramelized. Serve warm and topped with the fruit salad. THE ASSOCIATED PRESS



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

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Kids on Swings decal, a popular choice for parents decorating nurseries. Parents like the flexibility of wall decals that can be easily changed as kids grow. WALLTAT.COM/THE ASSOCIATED PRESS



Branches and Blossoms wall decal. The decals are growing in popularity because they can easily be installed and removed without damaging walls or paint. WALLTAT.COM/THE ASSOCIATED PRESS



A 3D wall decal on a wall in a drawing room. WALLTAT.COM/THE ASSOCIATED PRESS



Love Birds wall decal in the stairway of Diane Wright's home. Wright painted the dark and dreary dry walls bright green with a black trim and added the Love Birds decal to liven the largest wall seen as you enter or leave the house. WALL WORDS/THE ASSOCIATED PRESS/DIANE WRIGHT

Stick-on personality: wall decals can give your room a needed lift

Decor trend. An easy, affordable and temporary way to transform a room

During a recent home remodel, Diane Wright decided the stairway leading to her garage needed some perking up.

So she went online and found a wall decal — roosting love birds on a branch.

"I love them. It adds some individuality," said Wright, who also has used decals in other parts of her home on Kiawah Island, S.C.

Wall decals have taken off as an easy, affordable and temporary way to transform a room, said interior designer Darla Blake of Unique & Chic Interiors in Irvine, Calif. The flexible vinyl decals come in dozens of colours and hundreds of designs, everything from animals and music notes to funky patterns and religious symbols. There are words and sayings. And some companies make custom decals.

The decals make it easy to personalize a room, which is popular right now, she said. "You can easily find something to reference your personality, your job or your lifestyle," she

said. Wright has used decals as an inexpensive border in a bedroom and above photos.

"It's certainly a whole lot less than hiring a painter," she said.

Price varies by size, but a decal around 25 inches by 50 inches would usually be less than \$100.

Barbara Irvine of Syracuse, N.Y., chose a verse from one her favourite hymns to decorate the space above her kitchen sink. The words, "Come ye thankful people, come," prompt her to count her blessings, she said.

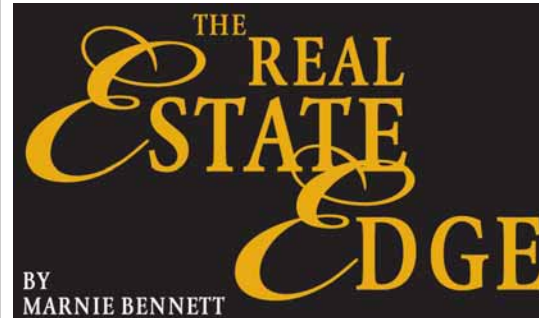
She installed them herself by slowly rubbing them off their paper backing with a tool similar to a tongue depressor.

"They come with very good instructions," said Irvine, who ordered the custom phrase from Wall Words in Santa Ana, Calif. "It's fairly easy. You do want to get them level."

The words are designed to easily go on and off, said Carol Caldwell, owner of Wall Words. She advises using painter's tape to attach the paper backing to the wall before firmly rubbing the decal onto the wall.

Easy removal makes decals especially attractive to renters, students in dorms and parents decorating nurseries, said Jordan Guide, chief executive and founder of Walltats.com.

THE ASSOCIATED PRESS



W.O.W. April 3, 2013

Women On Wealth Workshop

Have you ever taken a look at your personal finances and thought, "I should be doing better than this"? Trust me, I've been there.

As a young mother of three small children, earning my degree and managing a busy household, I struggled on my way to becoming a successful businesswoman. I can relate to the sacrifices, the uncertainties and the self-questioning that so many women mention when they talk with me.

I created the Women On Wealth (WOW) Workshop because I truly believe that women can be empowered through effective management and investment of their financial resources. Of course, while some of us are ready to jump into the investment world with both feet, others feel more tentative about taking the plunge.

That's why the WOW Workshop is designed to help women at all stages of the investment journey. Whether your resources are small or substantial, we'll give you guidance and support to help you pursue your goals, maximize your wealth and, along the way, discover your own hidden strengths.

We work to provide women with straight-forward investment information and advice, and help them develop a blueprint for their own financial success. But the WOW Workshop goes beyond that. It's also a forum for women to connect, to share experiences, to be completely honest and to feel supported by one another. It's our goal for women to come away feeling they've learned something that can genuinely transform their lives.

Register at ottawarealestateedge.com to attend the April 3, 2013, Women On Wealth seminar!

You could be the lucky winner of two tickets to see **Oprah LIVE** at Scotiabank Place on April 10, 2013.



Marnie Bennett, broker, marketing director for Bennett Property Shop Realty, a full premium service real estate brokerage specializing in marketing and selling new and resale homes, condominiums and investment real estate.
OTTAWAREALESTATEEDGE.COM

Something for every outdoor decorator

For summer. From au naturel to funky brights, outdoor decorating offers up many looks this year



DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Whether you are someone who has fallen in love with nature's natural tones or are flipping for colourful brights this summer, there's something for everyone to help decorate the great outdoors.

Well-priced and national availability is what we're going for this week. Enjoy the pickings that are ripe for outdoor summer decorating.

Natural



Picnic basket

Get ready for a speed date with a fully stocked picnic basket for those visits to the park. Ventana Natural Picnic Basket offers a rustic look with trendy chevron weave, \$52. crateandbarrel.com.

Woven texture candles



Add natural outdoor charm to your table with woven patterns on candles. Natural Woven textures meets beehive with the Brian Gluckstein's Texaline Pillar Candle for Hudson Bay, \$8. thebay.com.

Brights



Outdoor light

Create night light with Outdoor Cube LED Light. Add a modern touch to your patio. The LED light features many colours and effects. \$150. thebay.com.



Crocheted apple outdoor pouf

All-weather polypropylene brings casual seating to the patio in a contemporary, hand-crocheted round, perfect for lounging by the pool, \$190. crateandbarrel.com.

Chevron-patterned rug



Add one of the season's biggest trends to the great outdoors with a Chevron-patterned, hand-hooked polypropylene rug in cream/brown, starting at \$129. sears.ca.

Cement grey side table



Cool and contemporary style is easy to have. Handcrafted from stone composite and natural fibres, this makes the perfect stool or side table, \$180. cb2.com.



Indoor/outdoor pillows

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A tenant can raise any other issue they have about their tenancy that they could have raised had they filed their own application with a member of the board. For example, if the tenant has concerns about outstanding maintenance problems or they think their rent is unlawful, they can tell the member about these issues as well. If a tenant is going to raise other issues, they should make sure to come prepared with any evidence they have.

You are not required to have a lawyer or agent with you at a hearing – you can present your own case to the Member. But, if you think that your case is difficult, or you would feel more comfortable if a lawyer or agent presents your case, you can hire one. This is a decision that you have to make.

If you cannot be there, you can ask someone to go in your place. You must give them written authorization, signed by you, that says you are allowing them to speak for you and to represent you at the hearing (or in mediation). They must bring this writ-

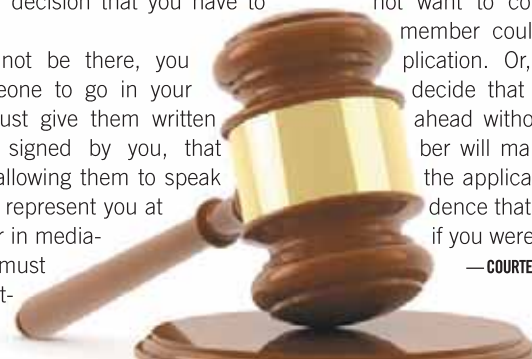
ten authorization with them to the hearing so that the member knows that you have given them permission to represent you.

The person representing you can be a relative, a friend, or an agent that you have hired specifically to take your place at the hearing, or if you have hired a lawyer, it could be your lawyer.

Your hearing date can only be changed if you get all the other parties to agree. If all the parties agree, you should tell the board in writing that you would like the hearing to be rescheduled. Otherwise, you have to come to the hearing (or send someone on your behalf who has your written authorization) to ask if the hearing can be changed to a new date. If the member says no, the hearing will take place on that day.

If you do not arrive by the time your hearing starts, a member can do one of these things. The member may decide that you have abandoned your application and do not want to continue with it. The member could dismiss your application. Or, the member may decide that the hearing will go ahead without you. The Member will make a decision about the application without the evidence that you may have given if you were there.

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Got a nervous stomach?

Besides trying home remedies, such as sipping mint tea or eating a few plain crackers, one of the newest natural remedies in Canada is an over-the-counter product made in Germany called Iberogast. This herbal remedy combines nine herbs that help relieve various symptoms of reflux and other functional gastrointestinal (GI) disorders.

GI disorders affect millions of people of all ages, according to the International Foundation for Functional Gastrointestinal Disorders. The foundation explains that problems occur when nerves or muscles in the digestive tract or intestines impair function and cause everything from nausea, bloating and discomfort to cramping, heartburn, abdominal pain, and constipation and diarrhea. Diagnosed GI disorders include functional dyspepsia, irritable bowel syndrome, reflux and GERD. But many people experience symptoms periodically and often turn to antacids and other medications.



"With so many people looking for natural ways to manage their health today, it's worth a try to see if Iberogast will work for you — and most likely it will," says Iberogast spokesperson Garrett Sher.

Iberogast has been used in Europe

and around the world for more than 40 years. Clinical studies show that it is safe and effective with no known side-effects. Patients use Iberogast when they are experiencing symptoms (20 drops in a glass of water or juice three times a day) or as a preventative

DR. OZ WEIGHS IN

Iberogast is one of the worry "cures" for the stomach that were highlighted on a recent Dr. Oz show. "When the stomach is in knots, it's like an antacid, only better," says Dr. Mehmet Oz, a surgeon, author and TV personality, who was first introduced to audiences on Oprah.

measure for a chronic condition.

The main herb in Iberogast is iberis amara, which helps to soothe muscles in the gastrointestinal tract. It works together with lemon balm leaves, which calm a nervous stomach, peppermint leaves to treat cramping and gas, and chamomile that calms the gastrointestinal tract. Angelica relieves cramping and aids digestion, caraway fruit reduces gas, St. Mary's thistle supports the gastrointestinal tract, and licorice root and celandine treats cramping.

Speak to your doctor if your stomach problems last for more than five days.

CONTRIBUTED

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Ottawa Senators goalie Craig Anderson suffers a high ankle sprain as New York Ranger Chris Kreider crashes into him at Scotiabank Place on Feb. 21.
THE CANADIAN PRESS FILE

Sens welcome back key cogs to practice

NHL. Cowen, Anderson could see game action in the near future

The Ottawa Senators got a welcome surprise at practice Wednesday morning.

Defenceman Jared Cowen joined the team on the ice for the first time this season. The 22-year-old has been recovering from surgery for a torn labrum in his hip.

Cowen suffered the injury while playing with the American Hockey League's



Jared Cowen
GETTY IMAGES FILE

Binghamton Senators and had surgery in mid-November.

Being able to join practice was a welcome change of scenery for Cowen, who has been skating on his own for the past few weeks.

"It was a nice change to get on the ice with the guys," Cowen said. "It was kind of monotonous to be skating by myself."

Bruins claim Daugavins

The Boston Bruins have claimed forward Kaspars Daugavins off waivers from the Ottawa Senators. The move comes two weeks after Daugavins caused a stir with an audacious shootout attempt in a loss to the Bruins.

Cowen took to the ice in a regular practice jersey, meaning he was open for contact, but that doesn't mean his return to the active roster is

imminent.

The Senators could also see goaltender Craig Anderson back in action soon.

Anderson, who suffered a high ankle sprain Feb. 21, has no set date for his return, but didn't rule out being ready for Saturday's game against the Toronto Maple Leafs.

"I want to make sure I'm comfortable and give the team the best opportunity to win the hockey game," said Anderson. "Until I get that rhythm back by practising a few more times, it's hard to say."

THE CANADIAN PRESS

MLB

Happ breaks camp with Toronto

Toronto Blue Jays manager John Gibbons maintained all along that left-hander J.A. Happ belonged on the team. Now it's official.

The demotion of left-hander Ricky Romero on Tuesday put Happ in the Blue Jays starting rotation as fifth starter.

Happ had a good spring training, while Romero did not. Regardless, Gibbons felt Happ deserved a role with the Blue Jays despite the early plan to have him open the season in the starting rotation at triple-A Buffalo.

"No doubt, even if he had a bad spring he deserved to be on the team," Gibbons said Wednesday before the Blue Jays defeated the Tampa Bay Rays 6-1. "He's a proven big-league pitcher."

THE CANADIAN PRESS

MLB opening day

Geddy Lee to throw first pitch of Jays campaign

Rush frontman Geddy Lee will throw out the ceremonial first pitch when the Toronto Blue Jays open their 37th regular season on Tuesday night against the Cleveland Indians.

The vocalist, bassist and keyboardist of the Toronto rock band has been a longtime Blue Jays season-ticket holder and baseball fan. Lee and his Rush bandmates Neil Peart and Alex Lifeson will be inducted into the Rock and Roll Hall of Fame on April 18. THE CANADIAN PRESS



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Gonchar is Sens' renaissance man



THE HOCKEY NEWS
Murray Pam
ottawa@metronews.ca

When Senators GM Bryan Murray signed free agent Sergei Gonchar to a three-year, \$16.5-million US deal in July 2010, some were skeptical of the move. As it turned out, there was good reason.

Gonchar's first campaign in Ottawa was disappointing and his second only marginally better.

This past summer, Murray set out to revamp the club's defensive core and create a blue-line that did not include Gonchar, who was actively shopped.

Jared Cowen was slated for promotion to the No. 1 pairing with Erik Karlsson. Reliable Mike Lundin and Marc Methot were added July 1.

The Senators also planned to phase in one of Mark Borowiecki or Patrick Wiercioch from AHL Binghamton.

Then came the lockout. The six-foot-two, 206-pounder headed to the Kontinental Hockey League to play with friend Evgeni Malkin, fueling rumours Gonchar would join the Penguins when the NHL season began. But when Cowen was injured before the opener and Karlsson went down shortly after, it was Gonchar who stepped to the fore.

Just three weeks shy of his 39th birthday, Gonchar is



Ottawa veteran Sergei Gonchar is fourth on the scoring list for NHL defencemen with 22 points. SEAN KILPATRICK/THE CANADIAN PRESS FILE

in the midst of a renaissance. The Chelyabinsk, Russia, native is averaging more than 24 minutes per game and is fourth among all NHL D-men in points with 22. And recently, Gonchar erased Daniel Alfredsson and Jason Spezza from the Senators record book by posting at least an assist in 10 consecutive games.

A beneficiary of Gonchar's heady play has been his blue-line partner, Wiercioch. The rookie's 15 points currently ties him with highly touted Oiler Justin Schultz.

"(Gonchar) has definitely

stepped up to the plate with Erik's injury," Alfredsson said. "Overall, he makes smart decisions.... With the additional ice time, he relishes that role."

Re-signing Gonchar, who is in the final year of his contract, will be one of Murray's toughest off-season decisions. Is one solid season in three worthy of an extension?

Gonchar will be motivated to play for his homeland at the 2014 Sochi Olympics, but is it wise to dole out \$5-million-plus to another 40-year-old player?

March Madness

There's no place like Indy for Duke

Duke always seems to feel right at home in the heart of the Hoosier state.

The Blue Devils have won six of seven NCAA tournament games played in Indianapolis and have won two national titles there. That includes their most recent championship in 2010 when

the current seniors were freshmen.

A pair of victories there this weekend at the Midwest Regional would send them back to their first Final Four since then.

It starts Friday night when the second-seeded Blue Devils (29-5) take on third-seeded Michigan State (27-8) in a regional semifinal. The winner meets either top-seeded Louisville or 12th-seeded Oregon on Sunday with a spot in

the Final Four on the line.

Duke's first and its most recent national titles came in the Indiana capital, with the Christian Laettner- and Bobby Hurley-led team in 1991 beating Kansas for its first championship under Mike Krzyzewski.

The 2010 group topped Butler for title No. 4 two nights after the Bulldogs beat, coincidentally, Michigan State in a national semifinal.

THE ASSOCIATED PRESS

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Atlanta	39	32	.549	17 ^{1/2}
Boston	36	34	.514	20
Milwaukee	34	36	.485	22
Philadelphia	28	43	.394	28 ^{1/2}
Toronto	26	44	.371	30
Washington	26	44	.371	30
Detroit	24	48	.333	33
Cleveland	22	47	.319	33 ^{1/2}
Orlando	18	53	.254	38 ^{1/2}
Charlotte	16	54	.229	40

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	53	17	.757	—
x-Oklahoma City	52	19	.732	1 ^{1/2}
x-Denver	49	23	.681	5
x-L.A. Clippers	48	23	.676	5 ^{1/2}
x-Memphis	47	23	.671	6
Golden State	41	31	.569	13
Houston	39	31	.557	14
L.A. Lakers	36	35	.507	17 ^{1/2}
Utah	35	36	.493	18 ^{1/2}
Dallas	35	36	.493	18 ^{1/2}
Portland	33	37	.471	20
Minnesota	25	44	.362	27 ^{1/2}
New Orleans	25	46	.352	28 ^{1/2}
Sacramento	25	46	.352	28 ^{1/2}
Phoenix	23	48	.324	30 ^{1/2}

x — clinched playoff berth; y — clinched division.

Wednesday's results

Philadelphia 100 Milwaukee 92

Atlanta at Toronto

Boston at Cleveland

Orlando at Charlotte

Memphis at New York

Washington at Oklahoma City

Indiana at Houston

Miami at Chicago

L.A. Lakers at Minnesota

L.A. Clippers at New Orleans

Denver at San Antonio

Phoenix at Utah

Brooklyn at Portland

Sacramento at Golden State

Thursday's games — All Times Eastern

L.A. Lakers at Milwaukee, 8 p.m.

Indiana at Dallas, 8:30 p.m.

Sacramento at Phoenix, 10 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION							
	GP	W	L	OL	GF	GA	P
Pittsburgh	34	26	8	0	117	84	52
New Jersey	33	15	11	7	82	89	37
NY Rangers	32	16	13	3	78	78	35
NY Islanders	33	15	13	5	96	107	33
Philadelphia	32	13	17	2	84	99	28

NORTHEAST DIVISION							
	GP	W	L	OL	GF	GA	P
Boston	31	21	7	3	89	66	44
Montreal	32	20	7	5	98	78	44
Ottawa	33	18	9	6	86	72	44
Toronto	34	18	12	4	102	97	38
Ruffalo	33	13	16	4	87	102	33

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	31	21	7	3	89	66	45
Montreal	32	20	7	5	98	78	45
Ottawa	33	18	9	6	86	72	42
Toronto	34	18	12	4	102	97	40
Buffalo	33	13	16	4	87	102	30

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	34	18	14	2	88	99	38
Carolina	31	15	14	2	86	90	32
Washington	33	15	17	1	94	93	31
Tampa Bay	33	14	18	1	105	99	29
Florida	34	9	19	6	80	119	24

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Wednesday's results

Montreal at Boston

Phoenix at Minnesota

Colorado at Calgary

Anaheim at San Jose

Tuesday's results

Chicago 2 Calgary 0

Edmonton 3 St. Louis 0

NY Islanders 3 Washington 2

NY Rangers 5 Philadelphia 2

Pittsburgh 1 Montreal 0

Tampa Bay 2 Buffalo 1

Toronto 3 Florida 2

Vancouver 1 Columbus 0 (SO)

Winnipeg 4 Carolina 1

Thursday's games — All Times Eastern

Winnipeg at Pittsburgh, 7 p.m.

Carolina at Toronto, 7 p.m.

NY Islanders at Philadelphia, 7 p.m.

NY Rangers at Ottawa, 7:30 p.m.

Buffalo at Florida, 7:30 p.m.

Los Angeles at St. Louis, 8 p.m.

Phoenix at Nashville, 8 p.m.

Columbus at Edmonton, 9:30 p.m.

Colorado at Vancouver, 10 p.m.

Detroit at San Jose, 10:30 p.m.

WESTERN CONFERENCE

WESTERN CONFERENCE							
CENTRAL DIVISION							
	GP	W	L	OL	GF	GA	Pt
Chicago	32	25	4	3	108	71	53
Detroit	33	17	11	5	90	83	39
St. Louis	32	17	13	2	92	89	36
Nashville	33	14	13	6	83	88	34
Columbus	33	13	13	7	75	86	33
NORTHWEST DIVISION							
	GP	W	L	OL	GF	GA	Pt
Vancouver	33	18	9	6	88	85	42
Minnesota	31	19	10	2	86	75	40
Edmonton	32	12	13	7	77	91	31
Calgary	31	12	15	4	85	105	28
Colorado	31	11	16	4	79	100	26

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	33	18	9	6	88	85	42
Minnesota	31	19	10	2	86	75	40
Edmonton	32	12	13	7	77	91	31
Calgary	31	12	15	4	85	105	28
Colorado	31	11	16	4	79	100	26

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	32	22	6	4	104	83	48
Los Angeles	32	18	12	2	93	80	38
San Jose	31	14	11	6	76	82	34
Dallas	32	15	14	3	87	97	33
Phoenix	32	13	15	4	82	90	30

Friday's games

New Jersey at Tampa Bay, 7:30 p.m.

Anaheim at Chicago, 8:30 p.m.

Minnesota at Dallas, 8:30 p.m.

Columbus at Calgary, 9 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	15	39	54
Stamkos, TB	23	20	43
Kunitz, Pgh	19	23	42
St-Louis, TB	8	34	42
Kane, Chi	17	24	41
Getzlaf, Ana	12	25	37
Tavares, NYI	20	15	35
Staal, Car	14	21	35
Kadri, Tor	14	21	35
Ribeiro, Wash	11	24	35
Datsyuk, Det	11	24	35
Voracek, Phi	14	20	34
Moulson, NYI	11	23	34
Vanek, Buf	16	17	33
Toeys, Chi	16	16	32
Ovechkin, Wash	16	16	32
Ladd, Wpg	14	18	32
Duchene, Col	12	20	32
Kessel, Tor	10	22	32

Not including Wednesday's games

Tennis

Sharapova gets lacklustre Sony Open victory

Four-time runner-up Maria Sharapova returned to the Sony Open semifinals on Wednesday despite a patchy performance, beating Sara Errani 7-5, 7-5.

Sharapova made 57 unforced errors, including 13 double-faults, and overcame three set points in the second set. The two sets took 2 1/2 hours, with a flurry of mistakes by both players, until Sharapova smashed the forehand winner at match point. THE ASSOCIATED PRESS

Scales of justice? UFC staying neutral on GSP weigh-in controversy

The UFC is playing the role of Switzerland when it comes to Nick Diaz's allegations of improprieties surrounding the UFC 158 weigh-in and drug testing.

The California welterweight lost a five-round decision to champion Georges St-Pierre on March 16 at Montreal's Bell Centre. He has since complained that the Quebec athletic commission (Regie des Alcools des Courses et des Jeux) mishandled its weigh-in and drug testing responsibilities.

And Diaz has asked for a

rematch or for St-Pierre to "vacate the belt in favour of those prepared to fight at welterweight."

The UFC offered a generic statement in response.

"We adhere to the policies set forth by respective athletic commissions worldwide," the statement read.

UFC vice-president Michael Mersch passed on the news to the Diaz camp that the Quebec commission does not take fractions into account, so St-Pierre's 170.9 pounds would be considered 170. THE CANADIAN PRESS

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Horoscopes

♈ Aries

March 21 - April 20

Now that the effects of the full moon are starting to fade, you will soon be back to your best. The various parts of your personality will quickly come into perfect alignment.

♉ Taurus

April 21 - May 21

The impossible looks easy to you at the moment. Forget about being practical: Let your imagination guide you in new directions over the next few days. If you want to know your future, look to your fantasies.

♊ Gemini

May 22 - June 21

There is no need to feel guilty just because some people have not been as fortunate as you. There is no such thing as luck: It is all part of the grand design. You must have done something to deserve it.

♋ Cancer

June 22 - July 23

What do you want to achieve in life? What do you want to be remembered for? If you make the right moves and talk to the right people today, you can give your reputation, and your dreams, a major boost.

♌ Leo

July 24 - Aug. 23

Life seems to be effortless at the moment. Everything seems to be falling into place. Cosmic activity in your fellow Fire sign of Aries suggests that your efforts will pay off in big ways — so get busy.

♍ Virgo

Aug. 24 - Sept. 23

What happened around the time of yesterday's full moon means there is no room left for denial. The time has come to face up to reality. What you think is a problem won't be a problem much longer

♎ Libra

Sept. 24 - Oct. 23

You can be a hit with important people today — if you project the right image. First impressions are important, so make sure what you do is in line with your long-term goals.

♏ Scorpio

Oct. 24 - Nov. 22

Even if you have done something that is worth shouting about, you should try to maintain a modest manner. Authority figures know what you are capable of and what you have accomplished.

♐ Sagittarius

Nov. 23 - Dec. 21

You have the courage and the confidence to do something out of the ordinary. But remember you are still human, you still have limits, even though your limits may be wider and higher than others'.

♑ Capricorn

Dec. 22 - Jan. 20

You may be determined to change your life but it seems not everyone agrees with the way you intend to do it. That does not matter. The only thing that counts is that you believe in yourself.

♒ Aquarius

Jan. 21 - Feb. 19

You have the ability to notice things that others tend to overlook and that ability will come in use today. If knowledge is power then you have more power than just about everyone.

♓ Pisces

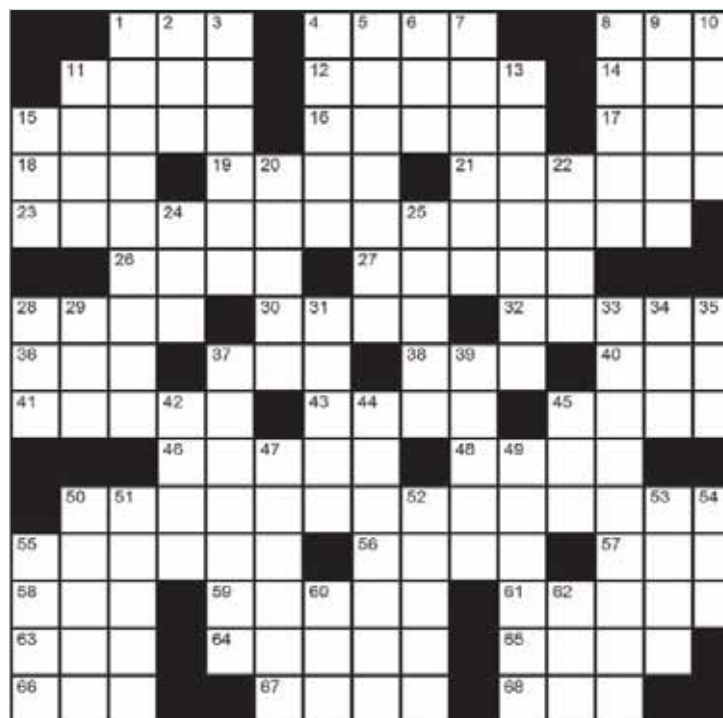
Feb. 20 - March 20

Your attitude to money seems to have changed a bit over the past few days. But you need to realize that although you may not care so much for the material world, you still have to live in it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Small film role, ___ part
4. Perry Mason's Canadian portrayer, Raymond ___
8. Gladiator's 1060
11. Music's Ms. Turner
12. Bitter-___ (Diehard)
14. Be out of sorts
15. Farmland
16. Outpouring
17. Gun the engine
18. "Lord, is ___?" (Last Supper question)
19. "Rebel Yell" singer Billy
21. From whom the new Pope takes his name, St. Francis of ___
23. Canada's government, ___ Monarchy
26. Leavin'
27. Category
28. Flow
30. "Egad!" sound interpretation
32. Mr. Savalas
36. Mauna ___ (Hawaiian volcano)
37. Ben, to Brian
38. ___ and outs
40. Battery size
41. ___ of the tongue
43. "Look, all done!"
45. Clouseau's li'l rank
46. ___ wage
48. 'D' of CD, variably
50. Hockey legend nicknamed 'The Rocket': 2 wds.
55. Preacher's podium
56. Emperor of Rome
57. GBS part (Canadian



band)

58. Entirely
59. Swap stock
61. "Of course!", in slang
63. ___ Chi
64. Two-___
65. Islands: French
66. 'Eug' ender (Mr. Levy)
67. Some fishies
68. Paramedic's skill,

commonly

Down

1. Speaks French and English
2. Percentage on a chg. card
3. South Pacific island painted by Paul Gauguin
4. Stupefy
5. Puts away the electric

guitar, uses the acoustic

6. Nutritional suggested amount [acronym]
7. Keep back
8. "West Side Story" (1961) role
9. Teenager in "The Sound of Music" (1965)
10. 46 in old Rome
11. The Jackson 5 mem-

ber

13. Luxury getaways
15. ___-Tac-Toe
20. Wild+dog of Australia
22. Snick-or-___
24. Chicago White ___
25. Lukewarm
28. Miami, ___
29. Rock's ___ Lonely Boys
31. Shenanigan
33. Bomber aircraft of the Allies in WWII, Avro ___
34. Elvis movie: "Viva ___ Vegas" (1964)
35. Mouth, slang-style
37. Ghosts
39. Low point
42. "It's my turn!": 2 wds.
44. Revised
45. Suffix meaning 'somewhat'
47. ___ acid
49. Like a widely-recognized symbol
50. Disney flick of 1998 set in China
51. "Kate & ___" ('80s sitcom)
52. Marsh plants
53. Tapes a show, for short
54. Morse Code bit
55. Hors d'oeuvre spread
60. Shakespeare's Much ___ About Nothing
62. Matterhorn, for one

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Friday

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